

Recreation Programs Summer 2016

CITY OF LAKE FOREST

June, July, August

Leisure Times



Red, White, & Blue and 25 Too!

4th of July Parade at 10 am! See page 3 for more info



LEISURE TIMES INDEX

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Community Services Spring Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holidays: **(No classes will be held on these dates.)**

- Monday, July 4 (Independence Day)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of June, July, and August, City Hall is closed on the following Fridays:

- June 3, 17
- July 1, 15, 29
- August 12, 26

For general questions regarding Community Services Programs on these days, visit the City website at www.lakeforestca.gov. You can also register for programs even on closed days. Visit our on-line registration at online.activecommunities.com/lfreconline.



Contact Information

City Hall 461-3400

Community Services 461-3450

Etnies Skatepark
of Lake Forest 916-5870
www.etnies skatepark of lake forest.com

Lake Forest Sports Park &
Recreation Center 273-6960

Lake Forest Teens 273-6961
www.LFteens.com

Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors

Saddleback Emeritus
Registration 582-4835

IVC Emeritus Registration . 451-5555

SVUSD
Recreation 768-0981, press 3

Building Inspection 461-3470

City Clerk 461-3420

City Council 461-3420

City Manager's Office . . . 461-3410

Community
Policing Center 461-3548

Economic
Development 461-3567

Employment Hotline . . . 461-3418

Fields Hotline 461-3595

Graffiti Hotline 461-3583

Public Works 461-3480

Front Cover Photo: John McGuire



CITY SPECIAL EVENTS

Summer Concert Series

Don't miss your chance to be part of a Lake Forest summertime tradition - the Annual Summer Concert Series in the Park! These family oriented concerts are a summertime favorite and will once again bring City of Lake Forest families together to rock out and dance! Food and refreshments will be available to purchase. For more info call 273-6960, visit the City's website at www.lakeforestca.gov or get involved and see pictures on the City of Lake Forest's special events facebook page at facebook.com/LakeForestEvents.

Mick Adams and The Stones with Special Guest Heartache Tonight

Kick off the summer with a double dose of legendary music! Heartache Tonight is the amazingly accurate Eagles tribute band, featuring five vocalists. From the soaring ballads of Don Henley, Glenn Frey and Randy Meisner, the country twang of Bernie Leadon, to the rock edge of Joe Walsh and Don Felder, it's all there.

Mick Adams and The Stones recreates a pulse-pumping Rolling Stones concert experience, complete with an all look-alike band of musicians, that perfectly replicates the look and sound of Mick Jagger & The Rolling Stones themselves. Mick Adams is the ONLY Mick Jagger impersonator to be fully endorsed by Ryan Seacrest and Mark Cuban; as featured TWICE on their AXS TV show "The World's Greatest Tribute Bands."

All Ages **Jun 26** **Sun** **5:30-7:30 pm**
Lake Forest Sports Park & Recreation Center
 28000 Rancho Parkway



Mick Adams and The Stones

Heartache Tonight

"Return to Tomorrowland" featuring the 80z All Stars, the Suffragettes, and the Great Pumpkin

Join us for three show-stopping bands! Making their Lake Forest debut, The Great Pumpkin replicates classic songs of the Smashing Pumpkins, with the flair and intensity one would expect at an actual Pumpkins show. The Suffragettes are an all-girl cover band, playing songs from the 1970s to the hits of today. They cover many genres including, pop, rock, R & B, country and even a little latin. They bring electricity and the fire of the music to their shows and promise to make it a night to remember. The headliner for the show is the incomparable, infamous and totally rad 80z All Stars! With big hair, bright colors, rock, funk and good times galore, they are the 80s party you've been looking for! The 80z All-Stars have been rocking for over 14 years and are the premiere, most complete 80s tribute act in Southern California. Come celebrate their triumphant return to Pittsford Park! **Please note start time of 5 pm.**



80z All Stars



Suffragettes



The Great Pumpkin

All Ages **Jul 24** **Sun** **5-7:30 pm**
Pittsford Park
 21701 Pittsford Dr

Men Without Hats

Get ready to celebrate the City of Lake Forest's 25th Birthday with a special concert featuring Men Without Hats. They told the world "You can dance if you want to" 30 years ago - and we did. Men Without Hats has been creating iconic and irresistible pop music for three decades and has soared back with the release of their latest album, Love in the Age of War. Led by charismatic front man, lead singer and songwriter Ivan Dorschuk, MWH has surged back starting with a break-out show at 2011's SXSW, and followed by extensive, well-received touring across North America over the last year. Men Without Hats has been providing a hit-filled and hooky soundtrack since the 80s and the band powers magnificently into the 21st Century with a steady stream of jaw dropping live shows and a fantastic new album.

Since forming in the late 70's, the band released six studio albums - having songs featured on hit TV series such as Glee, The Simpsons, Futurama and Family Guy. Their 1980s hit "The Safety Dance" reached Top 10 in the US, the UK and 25 other countries around the world. In 1983, they picked up a Grammy nomination for Best Group. Sure, you can still dance if you want to and Love In The Age of War will give you 10 more reasons why. Be sure to check facebook.com/lakeforestevents for updates. **Please note start time of 5 pm.**



Men Without Hats

All Ages **Aug 21** **Sun** **5-7:30 pm**
Lake Forest Sports Park & Recreation Center
 28000 Rancho Parkway

SUMMER EVENTS AT A GLANCE

| DATE | TIME | EVENT | LOCATION | FEE |
|---------------------------------|--------------------|--|----------------------------------|--|
| Fri., Jun. 10 | 7:30 pm |  Movies in the Park~Jurassic Park | Nature Park | Free |
| Sat., Jun. 11 and Sun., Jun. 12 | 1-5 pm | Dino Days | Nature Park | \$5 per person |
| Fri., Jun. 17 | 6-10 pm | Band Nights at the Skatepark- Decade of Rock~Punk Rock | Etnies Skatepark of Lake Forest | \$5 per person |
| Sat., Jun. 18 | 8:30 am-7 pm |  25th Anniversary Softball Tournament | Lake Forest Sports Park | \$175 per team |
| Tues., Jun. 21 | 10 am-10 pm | Go Skateboarding Day | Etnies Skatepark of Lake Forest | Free |
| Sun., Jun. 26 | 5:30-7:30 pm | Summer Concert Series~ Mick Adams and The Stones with Special Guest Heartache Tonight | Lake Forest Sports Park | Free |
| Mon., Jul. 4 | 10 am-12 pm |  4th of July Parade | Toledo Way to Ridge Route | Free |
| Fri., Jul. 8 | 7:30 pm | Movies in the Park~Minions | Lake Forest Sports Park | Free |
| Fri., Jul. 15 | 6-10 pm | Band Nights at the Skatepark-Decade of Rock~Reggae | Etnies Skatepark of Lake Forest | \$5 per person |
| Sat., Jul. 16-Sun., Jul. 17 | 5:30 pm-10 am | Family Campout at the Sports Park | Lake Forest Sports Park | \$7 per resident; \$12 per non resident |
| Sat., Jul. 23 | 1-3 pm |  25th Anniversary Golf Tournament | Lake Forest Golf Center | \$120 per team |
| Sat., Jul. 23 | 5-8 pm | Riverbed Cleanup | Etnies Skatepark of Lake Forest | Free |
| Sat., Jul. 23 | 8:30-10 pm | Family Movie Night at the Skatepark Fundraiser | Etnies Skatepark of Lake Forest | Free |
| Sun., Jul. 24 | 5-7:30 pm | Summer Concert Series~ The Suffragettes, The Great Pumpkin, and 80z All Stars | Pittsford Park | Free |
| Fri., Jul. 29 | 7:30 pm | Movies in the Park~Inside Out | El Toro Park | Free |
| Fri., Aug. 5 | 7:30 pm | Movies in the Park~Aladdin | Pittsford Park | Free |
| Fri., Aug. 12 | 7:30 pm | Movies in the Park~Up | Lake Forest Sports Park | Free |
| Fri., Aug. 12-Sat., Aug. 13 | 10 pm-9 am | Annual Skatepark Summer Campout | Etnies Skatepark of Lake Forest | \$40 per person |
| Fri., Aug. 19 | 6-10 pm | Band Nights at the Skatepark- Decade of Rock~Heavy Metal | Etnies Skatepark of Lake Forest | \$5 per person |
| Sun., Aug. 21 | 5-7:30 pm | Summer Concert Series~Men Without Hats | Lake Forest Sports Park | Free |
| Fri., Aug. 26 | 7-9 pm | Special Needs Dance~Summer Fun | Lake Forest City Hall | Free |



For more info call 461-3450, 273-6960, or visit our website at www.lakeforestca.gov

For up-to-date info on City special events, check out facebook.com/LakeForestEvents and follow us on Twitter



4th of July Parade 2016

Monday, July 4th



The 2016 4th of July Parade Logo
designed by Kelley Peterson



Attention one and all! It's time once again to celebrate our great country's independence. The Lake Forest community is proud to present its 25th Annual 4th of July Parade, and is looking for creative, enthusiastic and patriotic participants to enter the fun! This year's theme is "Red, White, & Blue and 25 Too!"

All Ages Welcome! Free!

All parade applications are due by 5:00 pm on Saturday, June 4th.

- Register online at www.lakeforestparade.com

JULY 4TH SCHEDULE OF EVENTS

- 7:00-10:00 am

Kiwanis Pancake Breakfast

Located in front of El Toro High School gym on Toledo Way.
Price: \$6 per person.

- 7:30 am

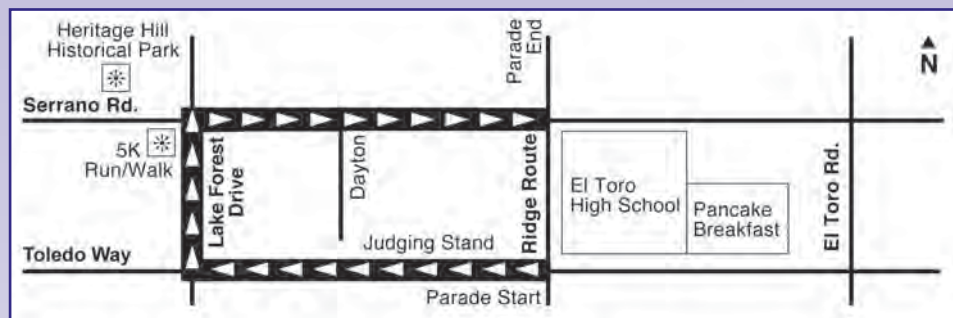
El Toro High School PSTO CHARGERS 5K Run/Walk

Proceeds go to El Toro High School PSTO. Starts and finishes at the corner of Lake Forest Drive & Serrano Road. Registration fees: \$25 (by Friday, June 24). \$30 Adults (after Saturday, June 25). \$10 Students of any level. Ace Registration: July 3rd from 4 pm to 6 pm. Start time: 7:30 am. Drop off location for 5k registration: UPS Store by Ralphs. More info available on our website www.lakeforest5k.org.

- 10:00 am

"Red, White, & Blue and 25 Too!" 4th of July Parade

Parade starts at the corner of Toledo Way and Ridge Route Drive and ends on Serrano at Dayton. For additional information call the Community Services Department at 461-3450, visit www.lakeforestparade.com, or for up-to-the-minute info, [facebook.com/Lakeforestevents](https://www.facebook.com/Lakeforestevents).



4th of July Parade Route



Win VIP seating for this year's 4th of July parade! Simply like the City's Facebook page at <http://www.facebook.com/lakeforestca> and post a brief comment about what you look forward to at this year's parade under our "4th of July Facebook Sweepstakes" post. The deadline to post your comment is Monday, June 20 with winners randomly selected and notified the same day at 5 p.m. under the Sweepstakes post.

*Thank you to our
parade committee
members!*



CITY SPECIAL EVENTS continued



"Dino Days" at the Nature Park

Experience the Nature Park as it transforms into an adventurous "Dino Days"! There will be fun for the entire family with a life size moving T-Rex, Velociraptors, and a Dilophosaurus tour. Wristbands for the tour will

be sold at the park for \$5 per person and include dinosaur tour, face painting and balloon artist. Music, entertainment, and arts and crafts are free! Nominal fee for food and game booths.

Location: Lake Forest Nature Park
(26215 Dimension Dr)

For more info: Call the City of Lake Forest at 273-6960

Families Sat-Sun Jun 11-12 1-5 pm

2016 Movies in the Park



Bring your friends, family and a blanket for free movies and fun under the stars. Join us for a roaring good time for the 2016 movie series screening of Jurassic Park, and enjoy a special sneak preview of Dino Days Dinosaur Tour! Then go bananas for the Minions Movie. Fasten your seat belts for an emotional roller coaster with Inside Out. We will then go on a magic carpet ride to discover a whole new world with Aladdin. Last but not least, we will find the adventure that is out there with our friends from the movie Up.

Fee: Free! (Snacks will be available for nominal fee)

Location: Nature Park (26215 Dimension Dr) – Jun 10

Lake Forest Sports Park
(28000 Rancho Parkway) – Jul 8

El Toro Park (23701 Los Alisos Blvd) – Jul 29

Pittsford Park (21701 Pittsford Dr) – Aug 5

Lake Forest Sports Park
(28000 Rancho Parkway) – Aug 12

For more info call: The Recreation Center at 273-6960

| | | | | |
|--------|-----------------------|--------|-----|---------|
| Family | Jurassic Park (PG-13) | Jun 10 | Fri | 7:30 pm |
| Family | Minions (PG) | Jul 8 | Fri | 7:30 pm |
| Family | Inside Out (PG) | Jul 29 | Fri | 7:30 pm |
| Family | Aladdin (G) | Aug 5 | Fri | 7:30 pm |
| Family | Up (PG) | Aug 12 | Fri | 7:30 pm |

25th Anniversary Events!

SOFTBALL TOURNAMENT



Saturday, June 18 | Lake Forest Sports Park

4TH OF JULY



Special New Orleans-themed musical entry in our 4th of July Parade, including a brass band and everyone's favorite Mardi Gras beads!

GOLF TOURNAMENT



Saturday, July 23 | Lake Forest Golf Center

FAMILY CARNIVAL

SAVE THE DATE! SATURDAY, SEPTEMBER 17

Family Carnival at Lake Forest Sports Park. Check your Fall Leisure Times for details.

Please visit www.lakeforestca.gov/821/25th-Anniversary-Celebrations
and facebook.com/LakeForestEvents for updated info.

Family Campout at the Sports Park

Pack up your family and your tent and camp out in our backyard! The evening will be filled with a hearty dinner as well as delicious snack for dessert. Enjoy the evening playing games and other activities and singing campfire songs. Wake up to an early morning bagel and donut breakfast at the park. Children must be 4 years or older and must be accompanied by a parent. Check-in at 5:30 pm to set up your tent before dinner. Participants must provide their own tents and sleeping bags, and any personal items.

Fee: Residents: \$7 per person; Non-Residents \$12 per person

Location: Lake Forest Sports Park and Recreation Center

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6588 Family 4 yrs & older Jul 16-17 Sat 5:30 pm-Sun 10 am

Bunco or Bust

Calling all Bunco players! We're having some kind of fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

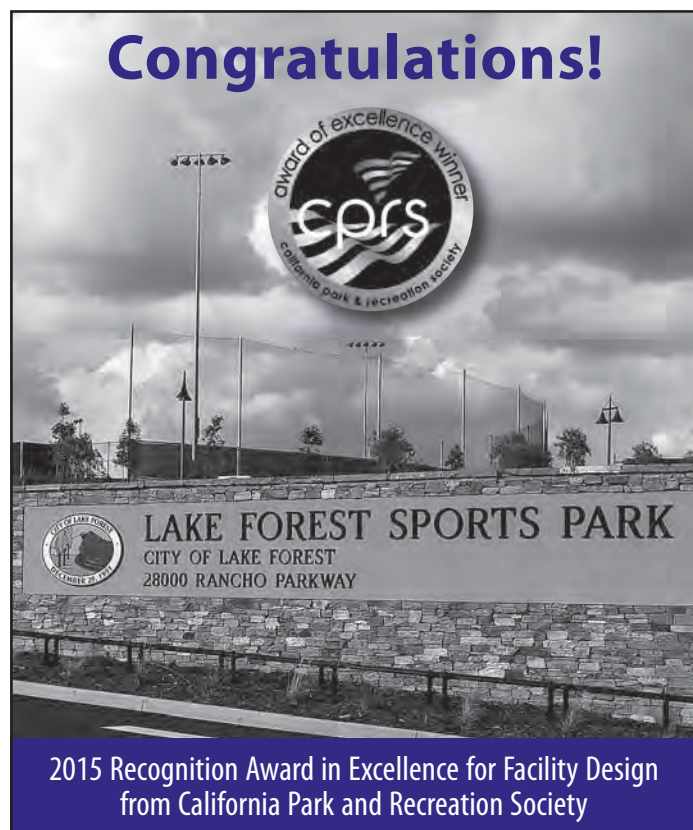
Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6789 Adults/Seniors Jul 15 Fri 7-9:30 pm

Barcode#: 6790 Adults/Seniors Aug 19 Fri 7-9:30 pm



Congratulations!



LAKE FOREST SPORTS PARK
CITY OF LAKE FOREST
28000 RANCHO PARKWAY

2015 Recognition Award in Excellence for Facility Design
from California Park and Recreation Society

YOUTH



Rec 'N Roll

Lake Forest is going to ROCK this summer as Rec 'N Roll brings you all the recreation fun that you can handle. Enjoy our recreation center on wheels in the great outdoors for all of July! When the Rec 'N Roll staff rolls into your neighborhood park you'll have fun with sports activities, board games, craft projects, water fun, carnival games with prizes, and much more. Each week, recreation staff will have a variety of activities centered around different activities and themes. Best of all it's FREE! Make sure you check out Rec 'N Roll this summer - we're rollin' to a park near you!

| | | |
|------------|---|------------|
| Mondays | Foothill Ranch Community Park (19422 Rue De Valore) | 10 am-2 pm |
| Tuesdays | Rimgate Park (29772 Rimgate) | 10 am-2 pm |
| Wednesdays | Concourse Park (18931 Saddleback Ranch Rd) | 10 am-2 pm |
| Thursdays | Mountain View Park (24061 Dylan) | 10 am-2 pm |

Theme Weeks

| | | |
|--------|----------------------|-----------|
| Week 1 | Pirates & Princesses | Jul 5-7 |
| Week 2 | Hawaiian Beach Luau | Jul 11-14 |
| Week 3 | Animal Safari | Jul 18-21 |
| Week 4 | Water Week | Jul 25-28 |

Heat Advisory Rec 'N Roll will be cancelled on days the temperature exceeds 90 degrees. Please call 273-6960 the morning of Rec 'N Roll for cancellation status.



City-Run Summer Camps

Little Pioneers Camp

Join us for fun-filled activities from music, arts and crafts, games, circle time, and outside exploring. Each child is grouped according to age and participates in thoughtfully planned and age-appropriate activities. Every Little Pioneer must be potty trained. Our fee includes a t-shirt and a nutritious snack. Instructor: Lake Forest Recreation Staff



Fee: \$80 per week – Resident
\$85 per week – Non-Resident

***(Week of Jul 5-8; \$60 for residents/\$65 for non-residents)**

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-in

For more info call: The Recreation Center at 273-6960

• Camp Hours: 9 am-12 pm • 3-6 year olds

| | | | | |
|------------|------|---------------------|---------------|---------|
| Barcode#: | 6570 | "Aloha Summer" | Jun 20-Jun 24 | Mon-Fri |
| Barcode#: | 6571 | "Under the Big Top" | Jun 27-Jul 1 | Mon-Fri |
| *Barcode#: | 6572 | "A Frozen Summer" | Jul 5-Jul 8 | Tue-Fri |
| Barcode#: | 6573 | "Fish & Friends" | Jul 11-15 | Mon-Fri |
| Barcode#: | 6574 | "Fairytale Fun" | Jul 18-22 | Mon-Fri |
| Barcode#: | 6575 | "Jurassic Journey" | Jul 25-29 | Mon-Fri |
| Barcode#: | 6576 | "Busy Bugs" | Aug 1-5 | Mon-Fri |
| Barcode#: | 6577 | "Woody's Round-Up" | Aug 8-12 | Mon-Fri |

Lake Forest Sports Academy CAMP

Participants will learn introductory techniques for several popular sports in this fun and exciting camp. We promote Competition through Fun! We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including: soccer, baseball, basketball and flag-football. All skill levels are welcome and our coach-to-camper ratio will be 5 to 1. This class includes a t-shirt, cold drinks and a personalized sports card!



Instructor: Lake Forest Recreation Staff

Fee: \$50 per participant – Resident
\$55 per participant – Non-Resident
(5-day camp)

Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|---------|---------------|---------|-----------|
| Barcode#: | 6677 | 3-4 yrs | Jun 20-Jun 24 | Mon-Fri | 9-9:45 am |
| Barcode#: | 6678 | 5-7 yrs | Jun 20-Jun 24 | Mon-Fri | 10-11 am |
| Barcode#: | 6679 | 3-4 yrs | Jun 27-Jul 1 | Mon-Fri | 9-9:45 am |
| Barcode#: | 6680 | 5-7 yrs | Jun 27-Jul 1 | Mon-Fri | 10-11 am |
| Barcode#: | 6681 | 3-4 yrs | Jul 11-Jul 15 | Mon-Fri | 9-9:45 am |
| Barcode#: | 6682 | 5-7 yrs | Jul 11-Jul 15 | Mon-Fri | 10-11 am |
| Barcode#: | 6683 | 3-4 yrs | Jul 18-Jul 22 | Mon-Fri | 9-9:45 am |
| Barcode#: | 6684 | 5-7 yrs | Jul 18-Jul 22 | Mon-Fri | 10-11 am |

Lake Forest ROCKS Camp



Camp will be going on one mini excursion and one big excursion. We travel to places like the OC Fair, Soak City, and Knott's Berry Farm! We'll be doing other fun activities as well such as games, skits, and every Friday we'll have a BBQ or Pizza Party! This camp will have an 8 to 1 camper to counselor ratio. The weekly fee also includes crafts, goodies and the coolest camp t-shirt around.

Instructor: Lake Forest Recreation Staff

Fee: \$129 per week – Resident
\$134 per week – Non-Resident

***Week of Jul 5-8 – 4 days only**

Location: Lake Forest Sports Park and Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In
(Pre-registration for this camp is required)

For more info call: The Recreation Center at 273-6960

• Camp Hours: 7:30 am- 6 pm • 7-10 year olds

| | | | | |
|------------|------|--------------------|--------------|---------|
| Barcode#: | 6579 | Camelot | Jun 27-Jul 1 | Mon-Fri |
| *Barcode#: | 6580 | Disneyland | Jul 5-8 | Tue-Fri |
| Barcode#: | 6581 | Soak City | Jul 11-15 | Mon-Fri |
| Barcode#: | 6582 | OC Fair | Jul 18-22 | Mon-Fri |
| Barcode#: | 6583 | Boomers | Jul 25-29 | Mon-Fri |
| Barcode#: | 6584 | Medieval Times | Aug 1-5 | Mon-Fri |
| Barcode#: | 6585 | Raging Waters | Aug 8-12 | Mon-Fri |
| Barcode#: | 6586 | Knott's Berry Farm | Aug 15-19 | Mon-Fri |

Lake Forest UNPLUGGED Camp

Rock out and get unplugged from school and chores and plug into fun this summer with some of the best amusement parks and attractions Southern California has to offer! Each week we will be going on two fun excursions and be doing other fun activities as well such as games, skits, and team competitions. Sign up for one week or all eight! The weekly fee also includes excursions with transportation, crafts, camp t-shirt and Friday BBQs or pizza parties!



Instructor: Lake Forest Recreation Staff

Fee: \$129 per week – Resident
\$134 per week – Non-Resident

***Week of Jul 5-8 (4 days only)**

Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Recreation Center at 273-6960

• Camp Hours: 7:30 am-6 pm • 11-14 year olds

| | | | | |
|------------|------|--------------------|--------------|---------|
| Barcode#: | 6526 | Camelot | Jun 27-Jul 1 | Mon-Fri |
| *Barcode#: | 6527 | Disneyland | Jul 5-8 | Tue-Fri |
| Barcode#: | 6528 | Soak City | Jul 11-15 | Mon-Fri |
| Barcode#: | 6529 | OC Fair | Jul 18-22 | Mon-Fri |
| Barcode#: | 6530 | Boomers | Jul 25-29 | Mon-Fri |
| Barcode#: | 6531 | Medieval Times | Aug 1-5 | Mon-Fri |
| Barcode#: | 6532 | Raging Waters | Aug 8-12 | Mon-Fri |
| Barcode#: | 6533 | Knott's Berry Farm | Aug 15-19 | Mon-Fri |

CAMPS FOR SUMMER

PRE-Engineering using LEGO®

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Instructor: Play-Well TEKnologies staff

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#: 6634 5-6 yrs Jun 27-Jul 1 Mon-Fri 9 am-12 pm

Engineering FUNdamentals using LEGO®

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

Instructor: Play-Well TEKnologies staff

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#: 6635 7-12 yrs Jun 27-Jul 1 Mon-Fri 1-4 pm



PRE-Engineering: Mine, Craft, Build

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities.

Instructor: Play-Well TEKnologies staff

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#: 6766 5-6 yrs Aug 22-26 Mon-Fri 9 am-12 pm

Engineering FUNdamentals: Mine, Craft, Build

Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

Instructor: Play-Well TEKnologies staff

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#: 6767 7-12 yrs Aug 22-26 Mon-Fri 1-4 pm

Summer of Art Camp

Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculptures and more! We will enjoy summertime through art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired. All art supplies and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$95 – Resident
\$100 – Non-Resident
(1-week camp)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#: 6595 6-11 yrs Jun 20-24 Mon-Fri 9:30-11:30 am



Clay Adventures Camp

Have fun learning how to turn clay into wonderful creatures and other projects. We will handbuild the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay) Different projects each day. All pieces will be glazed and fired. Aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$99 – Resident
\$104 – Non-Resident
(1-week camp)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#:6597 6-11 yrs Aug 22-26 Mon-Fri 9:30-11:30 am

Bionerds Biology Kids Camp



Bionerds offers a fun and hands-on biology workshop for kids! Our curriculum covers vast topics of biology from insects, humans, plants, genetics, microorganisms and many more!

Instructor: Bionerds Staff

Fee: \$150 – Resident
\$155 – Non-Resident
(1-week camp)

Materials Fee: An additional material fee of \$50 due to instructor on first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#:6685 5-7 yrs Aug 22-26 Mon-Fri 9 am-12 pm
Barcode#:6686 8-11 yrs Aug 22-26 Mon-Fri 1-3 pm

Glee Performer Camp

What do you get when you mix fun, friends, classes, singing and dance? The Glee Performer Camp- the most entertaining high-energy training camp for singers and dancers in Orange County. You will rotate through audition, music, choir, dance and relationship building classes and then join together at the close of each day. All this excitement ends with the Glee Finale Show on the last day of class. Visit GotGlee.com for more info.

Instructor: Glee Music Academy Staff

Fee: \$249 – Resident
\$254-Non-Resident
(5-day camp)

Location: Glee Music Academy
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6687 7-18 yrs Jul 19-23 Tue-Sat 9 am-4 pm

Junior Tennis Camp

This camp is for all levels of players who are interested in learning more about tennis and making new friends. Tennis Camp makes learning basic strokes, shot placement, serves, volleys and strategies fun and easy for children. Bring a can of unopened balls and a racquet.

Instructor: Fabian Grassini Tennis Sports

Fee: \$125 – Resident
\$130 – Non-Resident
(1-week camp)

Location: Pittsford Park (21701 Pittsford Drive)

To Register: Online, Mail In, Walk-In

For more info call: Lake Forest Recreation Center at 273-6960

Barcode#:6648 7-14 yrs Jun 27-Jul 1 Mon-Fri 9 am-12 pm
Barcode#:6649 7-14 yrs Jul 18-22 Mon-Fri 9 am-12 pm
Barcode#:6650 7-14 yrs Aug 15-19 Mon-Fri 9 am-12 pm

Trifytt Soccer Camp

This is a great chance for beginning soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: Trifytt Sports Staff

Fee: \$119 – Resident
\$124 – Non-Resident
(5-day camp)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6753 5-9 yrs Jul 11-15 Mon-Fri 9 am-12 pm

Trifytt Football Camp

This is a great chance for beginning flag-football players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: Trifytt Sports Staff

Fee: \$119 – Resident
\$124 – Non-Resident
(5-day camp)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6754 6-12 yrs Aug 1-5 Mon-Fri 9 am-12 pm

TEEN ACTIVITIES & EXCURSIONS

THE Lounge



(Closed for summer effective June 16)

Join us for the most fun and exciting afterschool program around... The Lounge! We have an X-Box One, movies, games, a computer lab, homework help and so much more. Shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Friday for the entire school year excluding school holidays.

In-person pre-registration is required for the upcoming 2016-2017 school year.

Fee: \$50 per school year

Location: The Teen Lounge
at the Lake Forest Recreation Center
(28000 Rancho Parkway)

**For more info call: 273-6960 or
email mvillasenor@lakeforestca.gov**

**To Register: In person at the Lake Forest Recreation Center.
Barcode#: 6646 Intermediate School 2016-2017 School Year Mon-Fri**

Knott's Berry Farm

Celebrate the end of the school year and come experience all the thrills of this southern California theme park at a discount price! At America's favorite theme park, experience Ghost Rider, the world's best wooden roller coaster, Supreme Scream, 30-stories up, 3 seconds down and the high-octane thrill of Xcelerator, rated the world's best launch coaster, sending riders 0-80 in 2.3 seconds. This chaperoned trip will include admission to theme park and transportation.

Fee: \$40 – Resident
\$45 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

**For more info call: 273-6975 or
email mvillasenor@lakeforestca.gov**

Barcode#: 6645 11-16 yrs Jun 17 Fri 9 am-8 pm

A.C.T. (Advisory Committee for Teens)

Are you in middle school or high school and want to make a difference in your community? Then get ACTIVE in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, volunteer for City events, and be a voice for your community. The committee meets twice a month and does service projects throughout the year. This prestigious group helps to give students real world experience and service hours for college applications. This is a year-long commitment volunteer group. Teens wishing to be a part of the group must attend a meeting and go through the application process that includes a registration packet and interview.

Location: The Lake Forest Recreation Center
(28000 Rancho Parkway)

**For more info call: 273-6975 or
email mvillasenor@lakeforestca.gov**

Summer Committee Meeting nights:

| | | | |
|-------|--------|-----|--------|
| Teens | Jun 1 | Wed | 6-7 pm |
| Teens | Jun 16 | Thu | 6-7 pm |
| Teens | Jun 29 | Wed | 6-7 pm |
| Teens | Jul 14 | Thu | 6-7 pm |
| Teens | Jul 27 | Wed | 6-7 pm |
| Teens | Aug 11 | Thu | 6-7 pm |
| Teens | Aug 24 | Wed | 6-7 pm |
| Teens | Sep 8 | Thu | 6-7 pm |



RECREATION CLASSES

Youth

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun.



Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$150 – Resident
\$155 – Non-Resident

(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 fee payable to instructor is required at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|-------------|---------------|-----|----------------|
| Barcode#: | 6589 | 9 mos-4 yrs | Jun 20-Aug 8 | Mon | 9:15-10 am |
| Barcode#: | 6590 | 9 mos-4 yrs | Jun 20-Aug 8 | Mon | 10:15-11 am |
| Barcode#: | 6591 | 9 mos-4 yrs | Jun 20-Aug 8 | Mon | 4:30-5:15 pm |
| Barcode#: | 6592 | 9 mos-4 yrs | Jun 24-Aug 12 | Fri | 10:30-11:15 am |
| Barcode#: | 6593 | 9 mos-4 yrs | Jun 25-Aug 13 | Sat | 9:30-10:15 am |

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.

Parent & Tot Swim Lessons at SwimLabs



Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and safely go under the water. Parents will learn how to safely interact with their children in the pool.

Instructor: SwimLabs Staff

Fee: \$110 – Resident
\$115 – Non-Resident
(4-week sessions)

Additional one-time \$30 registration fee per family payable at first class

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|--------------|---------------|-----------|-------------|
| Barcode#: | 6690 | 10 mos-3 yrs | May 31-Jun 23 | Tue & Thu | 10-10:30 am |
| Barcode#: | 6691 | 10 mos-3 yrs | May 31-Jun 23 | Tue & Thu | 11-11:30 am |
| Barcode#: | 6692 | 10 mos-3 yrs | Jun 28-Jul 21 | Tue & Thu | 10-10:30 am |
| Barcode#: | 6693 | 10 mos-3 yrs | Jun 28-Jul 21 | Tue & Thu | 11-11:30 am |
| Barcode#: | 6694 | 10 mos-3 yrs | Jul 26-Aug 18 | Tue & Thu | 10-10:30 am |
| Barcode#: | 6695 | 10 mos-3 yrs | Jul 26-Aug 18 | Tue & Thu | 11-11:30 am |

Learn to Swim at SwimLabs



SwimLabs is an indoor swim school, which is perfect for classes all year long no matter what the weather is. These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

Fee: \$110 – Resident
\$115 – Non-Resident
(8 lessons)

Additional one-time \$30 family registration fee payable at first class

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

BEGINNER 1 CLASSES

| | | | | | |
|-----------|------|---------|---------------|-----------|----------------|
| Barcode#: | 6701 | 3-5 yrs | May 31-Jun 23 | Tue & Thu | 9:30-10 am |
| Barcode#: | 6702 | 3-5 yrs | May 31-Jun 23 | Tue & Thu | 11:30 am-12 pm |
| Barcode#: | 6703 | 3-5 yrs | Jun 28-Jul 21 | Tue & Thu | 9:30-10 am |
| Barcode#: | 6704 | 3-5 yrs | Jun 28-Jul 21 | Tue & Thu | 11:30 am-12 pm |
| Barcode#: | 6705 | 3-5 yrs | Jul 26-Aug 18 | Tue & Thu | 9:30-10 am |
| Barcode#: | 6706 | 3-5 yrs | Jul 26-Aug 18 | Tue & Thu | 11:30 am-12 pm |

BEGINNER 2 CLASSES

| | | | | | |
|-----------|------|---------|---------------|-----------|-------------|
| Barcode#: | 6707 | 3-5 yrs | May 31-Jun 23 | Tue & Thu | 10:30-11 am |
| Barcode#: | 6708 | 3-5 yrs | May 31-Jun 23 | Tue & Thu | 12-12:30 pm |
| Barcode#: | 6709 | 3-5 yrs | Jun 28-Jul 21 | Tue & Thu | 10:30-11 am |
| Barcode#: | 6710 | 3-5 yrs | Jun 28-Jul 21 | Tue & Thu | 12-12:30 pm |
| Barcode#: | 6711 | 3-5 yrs | Jul 26-Aug 18 | Tue & Thu | 10:30-11 am |
| Barcode#: | 6712 | 3-5 yrs | Jul 26-Aug 18 | Tue & Thu | 12-12:30 pm |

Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 4 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault, along with our 30 foot long trampoline. Participants will increase confidence and coordination while developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class.

Instructor: Us Too Center Staff

Fee: \$65 – Resident
\$70 – Non-Resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|-------------|---------------|-----|-------------|
| Barcode#: | 6713 | 1-3 yrs* | Jun 6-27 | Mon | 10-10:45 am |
| Barcode#: | 6714 | 2.5-4 yrs** | Jun 6-27 | Mon | 11-11:45 am |
| Barcode#: | 6715 | 1-3 yrs* | Jun 7-28 | Tue | 10-10:45 am |
| Barcode#: | 6716 | 2.5-4 yrs** | Jun 7-28 | Tue | 11-11:45 am |
| Barcode#: | 6717 | 1-3 yrs* | Jun 8-29 | Wed | 10-10:45 am |
| Barcode#: | 6718 | 3-4 yrs | Jun 8-29 | Wed | 2-2:45 pm |
| Barcode#: | 6719 | 1-3 yrs* | Jul 11-Aug 1 | Mon | 10-10:45 am |
| Barcode#: | 6720 | 2.5-4 yrs** | Jul 11-Aug 1 | Mon | 11-11:45 am |
| Barcode#: | 6721 | 1-3 yrs* | Jul 12-Aug 2 | Tue | 10-10:45 am |
| Barcode#: | 6722 | 2.5-4 yrs** | Jul 12-Aug 2 | Tue | 11-11:45 am |
| Barcode#: | 6723 | 1-3 yrs* | Jul 13-Aug 3 | Wed | 10-10:45 am |
| Barcode#: | 6724 | 3-4 yrs | Jul 13-Aug 3 | Wed | 2-2:45 pm |
| Barcode#: | 6725 | 1-3 yrs* | Aug 8-Aug 29 | Mon | 10-10:45 am |
| Barcode#: | 6726 | 2.5-4 yrs** | Aug 8-Aug 29 | Mon | 11-11:45 am |
| Barcode#: | 6727 | 1-3 yrs* | Aug 9-Aug 30 | Tue | 10-10:45 am |
| Barcode#: | 6728 | 2.5-4 yrs** | Aug 9-Aug 30 | Tue | 11-11:45 am |
| Barcode#: | 6729 | 1-3 yrs* | Aug 10-Aug 31 | Wed | 10-10:45 am |
| Barcode#: | 6730 | 3-4 yrs | Aug 10-Aug 31 | Wed | 2-2:45 pm |

* Mommy & Me classes: parent participation required

** Transition class: Kids advanced enough to not need parent participation

Junior Flame Gymnastics



This program is designed for girls and boys preparing to move from preschool classes into our Academy classes. This transition class places the emphasis on developing specific gymnastics skills through progressive activities: tumbling, vaulting, bars, balance beam, rings, p-bars, and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$70 – Resident
\$75 – Non-Resident
(4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|---------|--------------|-----|--------------|
| Barcode#: | 6731 | 5-6 yrs | Jun 6-27 | Mon | 6:30-7:25 pm |
| Barcode#: | 6732 | 5-6 yrs | Jun 8-29 | Wed | 2:30-3:25 pm |
| Barcode#: | 6733 | 5-6 yrs | Jul 11-Aug 1 | Mon | 6:30-7:25 pm |
| Barcode#: | 6734 | 5-6 yrs | Jul 6-27 | Wed | 2:30-3:25 pm |
| Barcode#: | 6735 | 5-6 yrs | Aug 8-29 | Mon | 6:30-7:25 pm |
| Barcode#: | 6736 | 5-6 yrs | Aug 3-24 | Wed | 2:30-3:25 pm |

Gymnastics- Girls Fire Academy

This program is structured to follow the guidelines set by USA Gymnastics and is achievement oriented in a fun and positive environment. Basic skills, progressions, strength and flexibility are included in our program. Instruction included on vault, bars, balance beam, floor exercise, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$90 – Resident
\$95 – Non-Resident
(4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|----------|--------------|-----|-----------|
| Barcode#: | 6737 | 7-17 yrs | Jun 6-27 | Mon | 6:30-8 pm |
| Barcode#: | 6738 | 7-17 yrs | Jun 8-29 | Wed | 2-3:30 pm |
| Barcode#: | 6739 | 7-17 yrs | Jul 11-Aug 1 | Mon | 6:30-8 pm |
| Barcode#: | 6740 | 7-17 yrs | Jul 6-27 | Wed | 2-3:30 pm |
| Barcode#: | 6741 | 7-17 yrs | Aug 8-29 | Mon | 6:30-8 pm |
| Barcode#: | 6742 | 7-17 yrs | Aug 3-24 | Wed | 2-3:30 pm |

Gymnastics- Boys Fire Academy

This program is focused on three elements: a fun positive environment, fundamental skill development basic motor-muscular development in coordination, strength and flexibility. By emphasizing your child's success, athletic confidence will develop for gymnastics and any other sport your son may later pursue. Instruction included on tumbling, vault, P-bars, high bar, rings, pommel horse, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$90 – Resident
\$95 – Non-Resident
(4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|----------|--------------|-----|-----------|
| Barcode#: | 6743 | 7-17 yrs | Jun 6-27 | Mon | 6:30-8 pm |
| Barcode#: | 6744 | 7-17 yrs | Jun 8-29 | Wed | 2-3:30 pm |
| Barcode#: | 6745 | 7-17 yrs | Jul 11-Aug 1 | Mon | 6:30-8 pm |
| Barcode#: | 6746 | 7-17 yrs | Jul 6-27 | Wed | 2-3:30 pm |
| Barcode#: | 6747 | 7-17 yrs | Aug 8-29 | Mon | 6:30-8 pm |
| Barcode#: | 6748 | 7-17 yrs | Aug 3-24 | Wed | 2-3:30 pm |

Summer Registration Dates:

Tuesday, May 10 (Lake Forest Residents)

Tuesday, May 17 (Non-Residents)

Beginning Tumbling



Tumbling classes are designed for boys and girls wanting to concentrate on the tumbling aspects of gymnastics. The class is great for aspiring cheerleaders and dancers wanting to learn acro skills or those who just like to flip! Students will use the trampoline, tumble tramp and spring floor. Strength and flexibility training are also incorporated into the classes. Beginning tumbling emphasizes fundamentals.

Instructor: Wildfire Gymnastics Staff

Fee: \$70 – Resident
\$75 – Non-Resident
(4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6749 9-17 yrs Jun 4-25 Sat 11:30 am-12:30 pm

Barcode#:6750 9-17 yrs Jul 9-30 Sat 11:30 am-12:30 pm

Barcode#:6751 9-17 yrs Aug 6-27 Sat 11:30 am-12:30 pm

Parent & Me Princess Ballet

This is a perfect introduction to the fundamentals of ballet and creative movement with an element of fun, fantasy and lots of encouragement. Princess ballerinas use props, wear princess tutus, use their "magic wand," have story time and learn beginning ballet movements to fairytale music. Instructor provides tutus, crafts, wands and props. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6541 1½-3 yrs Jul 11-Aug 22 Mon 11-11:45 am

Princess Ballet

Your little one will enter a world of magic and imagination, dancing to tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Performance for family and friends on the last day of class.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6535 3-5 yrs Jul 11-Aug 2 Mon 9-9:45 am

Princess Ballet Level II

Your little one will enter a world of magic and imagination, dancing to tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info. Performance for family and friends on the last day of class.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6538 3-5 yrs Jul 11-Aug 22 Mon 10-10:45 am

Ballet & Tap Combo

Dancers will dive into the world of beginning classical ballet and rhythmic tapping with the basic fundamentals of both dance forms. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required. Performance for family and friends on the last day of class. Visit [ocdanceproductions.com](http://www.ocdanceproductions.com) for more info.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6554 3-6 yrs Jul 16-Aug 27 Sat 9:50-10:35 am

Save
Time!



Register for our programs online at
online.activecommunities.com/lfreonline

Ballet, Jazz & Tap Combo

Dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology. Class also includes developing spatial awareness, rhythm and listening skills. Suitable for those new to dance or continuing. Ballet and tap shoes required. Visit [ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6547 3-6 yrs Jul 12-Aug 23 Tue 4:20-5:05 pm

Princess Academy

In this class, princesses in training will spend an equal amount of time learning the grace, poise and discipline of ballet technique while also becoming well-versed in princess etiquette and kindness. Our kindest princess will have fun learning basic ballet dance, playing games and learning the most important part of being a princess- tea party manners, etiquette and how to be kind. All Royal Princesses are welcome to wear their favorite princess dress on final day performance and gala for Mom & Dad.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6552 3-6 yrs Jul 16-Aug 27 Sat 9-9:45 am

Beginning Ballet

Beginning dancers focus on terminology, positions and movements with emphasis on self-discipline, alignment and poise through barre and center/across the floor work in this structured class. Wear leotard, tights and ballet shoes. Suitable for those continuing from tot ballet class, have had little dance experience, or are new to ballet but wanting to explore the disciplined art form. Visit www.ocdanceproductions.com for more info.

Instructor: OC Dance Productions Staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6768 4-6 yrs Jul 16-Aug 27 Sat 10:45-11:30 am

Classical Ballet Beginning

This class is suitable for those wanting to explore the dance form of classical ballet. Class focuses on beginner ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, grace and poise. Ballet shoes required. Performance for family and friends on the last day of class. Visit www.ocdanceproductions.com for more info.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6544 4-6 yrs Jul 12-Aug 23 Tue 3:30-4:15 pm

Pop Star Hip Hop

Dance like your favorite Pop Star! Participants will learn choreography and lyrics to popular artists such as Taylor Swift, One Direction, and Meghan Trainor. All dance choreography is jazz and hip hop based as well as clean, fun and age appropriate. By the end of this course, our pop star dancers will learn their own choreography tips and tools to put on their own show at home. Sneakers or Jazz shoes required. Performance for family and friends on the last day of class.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6550 5-9 yrs Jul 12-Aug 23 Tue 5:10-5:55 pm

Piano Class

Children will learn the basics of piano playing in a fun group setting, learning new and familiar tunes. Concepts covered will include beginning notation reading, melodic and rhythmic patterns, beat, dynamics, signing and movement. Keyboards provided in class.

Instructor: Sophi Albert

Fee: \$135 – Resident
\$140 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6607 4-8 yrs Jun 14-Jul 19 Tue 10-10:45 am

Clay Adventures

Have a blast learning how to turn clay into fun projects such as castles, animals and wonderful creatures. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and decorate the pieces with under glazes. A new project each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$85 – Resident
\$90 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6647 6-11 yrs Jun 22-Jul 20 Wed 4:15-5:30 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: Monday classes - Pittsford Park
(21701 Pittsford Dr)
Wednesday classes – Foothill Ranch
Community Park (19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

***Barcode#:6651 3-5 yrs Jun 27-Aug 22 Mon 3:30-4:30 pm**
***Barcode#:6652 6-7 yrs Jun 27-Aug 22 Mon 4:30-5:30 pm**
***Barcode#:6653 8-12 yrs Jun 27-Aug 22 Mon 5:30-6:30 pm**
Barcode#:6654 3-5 yrs Jun 29-Aug 17 Wed 3:30-4:30 pm
Barcode#:6655 6-7 yrs Jun 29-Aug 17 Wed 4:30-5:30 pm
Barcode#:6656 8-12 yrs Jun 29-Aug 17 Wed 5:30-6:30 pm
***No class 7/4**

Saturday Knit, Stitch and Create Club

Amaze your family and friends with knitted and hand or machine stitched creations. Get imaginative with wet felted, batiked and painted fabrics. Make something spectacular to wear this summer! Design and make your clothing sensation you won't find in the stores! Be creative! Be unique! Instructor: Elisabeth Clark

Fee: \$75 – Resident
\$80 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$25 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6594 7-12 yrs May 28-Jun 25 Sat 1:30-3 pm

Shotokan Karate Do - Youth

Learn manners, respect, discipline, self-defense and increase fitness while having fun learning traditional Shotokan Karate Do, a Japanese martial art. Competition available at local, regional, national and international levels.

Instructor: Tai Cigar

Fee: \$70 – Resident
\$75 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6642 5-17 yrs Jun 6-29 Mon & Wed 4:30-5:30 pm

Aikido for Self Defense – Kids

Aikido is a modern yet traditional Japanese form of self-defense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a non-aggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Kids' classes include open hand techniques, drills and games related to Aikido. Wear comfortable clothing. Uniforms are available for purchase. \$40 uniform material fee.

Instructor: Dale Eisenberg

Fee: \$80 – Resident
\$85 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6564 5-17 yrs Jun 1-Jun 27 Mon, Wed 5:30-6:30 pm
& Sat 12-1 pm
Barcode#:6565 5-17 yrs Jun 29-Jul 27 Mon, Wed 5:30-6:30 pm
& Sat 12-1 pm
Barcode#:6566 5-17 yrs Aug 1-27 Mon, Wed 5:30-6:30 pm
& Sat 12-1 pm

UK International Soccer Program Fun in the Sun



This program is for the youngest players just beginning the game. The focus is on fun, exciting games to build confidence and the fundamentals of soccer. Players will cover ball familiarization, small group dynamics, fundamental motor skill development and social interaction, all with maximum participation in a fun oriented environment.

Instructor: UK International Soccer Staff

Fee: \$129 per participant – Resident
\$134 per participant – Non-Resident

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For more info call: The Recreation Center at 273-6960

Barcode#:6659 4-6 years Jul 11-15 Mon-Fri 9am-12pm

UK International Soccer Camp Skills N Thrill



Technical development and skills building in a stimulating environment! Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles. Over the week, players will be self-assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the "UK Quiz" and World Cup Competition (6v6).

Instructor: UK International Soccer Staff

Fee: \$129 per participant – Resident
\$134 per participant – Non-Resident

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For more info call: The Recreation Center at 273-6960

Barcode#:6660 7-11 yrs Jul 11-15 Mon-Fri 9 am-12 pm



Super Soccer Stars: Kick & Play: 12-24 Months

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers. Our experienced instructors, along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play-all while having a blast!

Instructor: Super Soccer Stars Staff

Fee: \$82 per participant – Resident
\$87 per participant – Non-Resident
(5-week sessions)
\$98 per participant – Resident
\$103 per participant – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6661 12-24 mos Jun 17-Jul 22 Fri 9:45-10:25 am
Barcode#:6662 12-24 mos Jul 29-Aug 26 Fri 9:45-10:25 am
Barcode#:6663 12-24 mos Jun 18-Jul 23* Sat 9:45-10:25 am
Barcode#:6664 12-24 mos Jul 30-Aug 27 Sat 9:45-10:25 am

***No class July 2**



Super Soccer Stars: 2-3 Year Old

Consists of soccer activities, language learning and introducing skills for simple body movements, including coordination and stability building activities. In addition, the curriculum incorporates fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer.

Instructor: Super Soccer Stars Staff

Fee: \$82 per participant – Resident
\$87 per participant – Non-Resident
(5 week sessions)

\$98 per participant – Resident
\$103 per participant – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6665 2-3 yrs Jun 17-Jul 22 Fri 9-9:40 am
Barcode#:6666 2-3 yrs Jul 29-Aug 26 Fri 9-9:40 am
Barcode#:6667 2-3 yrs Jun 18-Jul 23* Sat 9-9:40 am
Barcode#:6668 2-3 yrs Jul 30-Aug 27 Sat 9-9:40 am

***No class July 2**



Super Soccer Stars: 3-Young 4 Year Old

This class will include partner activities to promote sharing, listening, respect and cooperating. Physical activities include dynamic movements like running, skipping and jumping.

Instructor: Super Soccer Stars Staff

Fee: \$82 per participant – Resident
\$87 per participant – Non-Resident
(5 week sessions)

\$98 per participant – Resident
\$103 per participant – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6669 3-young 4 yrs Jun 18-Jul 23* Sat 9:45-10:30 am
Barcode#:6670 3-young 4 yrs Jul 30-Aug 27 Sat 9:45-10:30 am

***No class July 2**

3

Three Ways to Register!

Online, Mail-In, Walk-In



Super Soccer Stars: Older 4-5 Year Old

This class will include dynamic activities which involve dribbling technique and moves to allow each child to gain more confidence on the ball. The primary focus is body movement with the ball. The objectives for this age group are to continue development in basic dribbling, passing, receiving and shooting techniques and to introduce juggling skills.

Instructor: Super Soccer Stars Staff

Fee: \$82 per participant – Resident
\$87 per participant – Non-Resident
(5-week sessions)

\$98 per participant – Resident
\$103 per participant – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6671 Older 4-5 yrs Jun 18-Jul 23* Sat 10:35-11:25 am

Barcode#:6672 Older 4-5 yrs Jul 30-Aug 27 Sat 10:35-11:25 am

*No class July 2



Super Soccer Stars: Older 5-7 Year Old

The primary focus of this class is to increase familiarity of space to enable children to develop team skills. Awareness of teammates is constantly emphasized so that these skills can be easily transferred to the soccer game.

Instructor: Super Soccer Stars Staff

Fee: \$98 per participant – Resident
\$103 per participant – Non-Resident
(5-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6674 Older 5-7 yrs Jun 18-Jul 23* Sat 11:30 am-12:30 pm

Barcode#:6675 Older 5-7 yrs Jul 30-Aug 27 Sat 11:30 am-12:30 pm

*No class July 2



TriFytt Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFytt Sports Staff

Fee: \$69 per participant – Resident
\$74 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6755 2-3 yrs Jul 9-Aug 13 Sat 11:30 am-12 pm

Barcode#:6756 3-5 yrs Jul 9-Aug 13 Sat 12-12:45 pm



TriFytt Sports: Parent and Me Multi-Sport

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$69 per participant – Resident
\$74 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6757 2-3 yrs Jul 9-Aug 13 Sat 10-10:30 am



**Parks
Make
Life
Better!®**



TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$69 per participant – Resident
\$74 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6758 1.5-2 yrs Jul 15-Aug 19 Fri 5-5:30 pm
Barcode#:6759 2-3 yrs Jul 15-Aug 19 Fri 5:30-6 pm



TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$69 per participant – Resident
\$74 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6760 2-3 yrs Jul 12-Aug 16 Tue 5:30-6 pm
Barcode#:6761 3-5 yrs Jul 12-Aug 16 Tue 6-6:45 pm



TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$69 per participant – Resident
\$74 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6762 3-5 yrs Jul 15-Aug 19 Fri 6-6:45 pm
Barcode#:6763 5-7 yrs Jul 15-Aug 19 Fri 7-7:45 pm



TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$69 per participant – Resident
\$74 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6764 3-5 yrs Jul 9-Aug 13 Sat 9-9:45 am
Barcode#:6765 5-7 yrs Jul 9-Aug 13 Sat 10:30-11:15 am

Beginning Ukulele

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

Instructor: Ron Gorman

Fee: \$89 – Resident
\$94 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6614 10 yrs-Adult Jul 25-Aug 22 Mon 4:15-5 pm

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

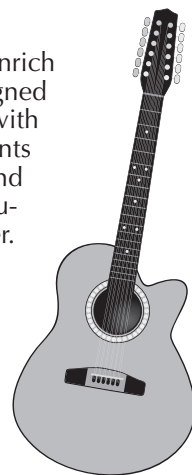
Fee: \$89 – Resident
\$94 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6615 10 yrs-Adult Jul 25-Aug 22 Mon 5-5:45 pm



Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please Note: EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 – Non-Resident

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6611 10 yrs -Adult Jun 25 Sat 3-5 pm

CPR/AED: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved and covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will also learn how to use an AED (Automatic External Defibrillator). Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33- Non-Resident
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6609 10 yrs-Adult Jun 25 Sat 12:30-3 pm

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:6613 10 yrs-Adult Jun 25 Sat 10 am-5 pm

Adult

Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6558 18 & up Jul 11-Aug 15 Mon 7:30-8:30 pm

Barcode#: 6559 18 & up Jun 22-Aug 10* Wed 7-8 pm

***No class 6/29, 7/27**



Smile For the Birdie!

Please note: City of Lake Forest staff photographs participants at many special events and classes. We may use these photos to market our programs in various publications or on our City website.

Power Flow Yoga

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind. You can expect a great cardiovascular and strength-building workout combined with breath work set to upbeat music. Bring a yoga mat and a small towel. Appropriate for beginning to intermediate levels

Instructor: Inspire Yoga OC

Fee: \$110 – Resident
\$115 – Non-Resident
(10-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6616 18 & up Jun 2-Aug 4 Thu 8:15-9:15 am

Barcode#: 6617 18 & up Jun 4-Aug 6 Sat 8:15-9:15 am

***Barcode#:** 6618 18 & up Jun 6-Aug 15* Mon 11:30 am-12:30 pm

***No class 7/4**

Cardio Yoga Booty Ballet

Get your heart rate up with cardio dance moves at the barre and center floor and tone with resistance training for full body workout. This class combines cardio movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging the body and mind. Participants need to bring yoga mat, water and 1-2 lb. weights. For more information visit OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$119 – Resident
\$124 – Non-Resident
(10-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6543 18 & up Jun 6-Aug 15* Mon 6:30-7:30 pm

***No class 7/4**

Yin Yoga

A series of long-held, passive floor poses that mainly work the lower part of the body – hips, pelvis, inner thighs, lower spine – areas especially rich in connective tissues. Benefits include increase in circulation, improved flexibility, calms and balances the mind and body, stress and anxiety reduction, facial release, deeper relaxation, greater joint mobility, and meridian stimulation to bring balance to the organs. Bring a yoga mat. This class is appropriate for all skill levels and body types.

Instructor: Inspire Yoga OC

Fee: \$84 – Resident
\$89 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6603 18 & up May 31-Jul 5 Tue 7:45-8:45 pm

Barcode#: 6605 18 & up Jun 2-July 7 Thu 5:45-6:45 pm

Barcode#: 6604 18 & up Jul 12-Aug 16 Tue 7:45-8:45 pm

Barcode#: 6606 18 & up Jul 14-Aug 18 Thu 5:45-6:45 pm

Summer Sunset Yoga in the Park

Gather just before sunset for a unique Vinyasa flow geared to all levels. Gain benefits of yoga such as flexibility and balance within the body and in life! Set your weekend up for success – flow Friday nights!

Instructor: Karli Wells

Fee: \$150 – Resident
\$155 – Non-Resident
(13-week session)

Location: Pittsford Park
(21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6769 18 & up Jun 3-Aug 26 Fri 6:30-7:30 pm

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant-Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6657 16 yrs & up Jul 9-Aug 27 Beg Sat 9-10 am

Barcode#: 6658 16 yrs & up Jul 9-Aug 27 Int Sat 10-11 am

**Want more info on how to register
for programs online?**



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline



Get Off Your Booty Camp

Get in shape "Boot camp style". Experience full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. A results-driven conditioning program that focuses on developing lean, toned and healthy bodies, using your own body weight and a variety of exercise equipment. This class is designed for all fitness levels. Work at your own pace while you push yourself to the next level. Bring your own mat and water. For more info please visit: www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$144 per participant – Resident
\$149 per participant – Non-Resident
(12-class sessions)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6598 18 & up Jun 2-Jul 12 Tue & Thu 6:05-7 pm

Barcode#: 6599 18 & up Jul 14-Aug 23 Tue & Thu 6:05-7 pm

Zumba® Gold

If you have taken a Zumba class but couldn't keep up with the fast-moving pace, or handle the impact of the regular version, you have to come and try Zumba® Gold! It is an introductory class, low impact, easy to do and lots of fun. This version of Zumba is gentler on the body, but you still get the full effect and flavor Zumba brings into the work-out. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and serious dose of awesomeness each time you leave class. **These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.**

Instructor: Angie Velez

Fee: **Barcode#: 6601** 5-class package \$35 – Resident
\$40 – Non-Resident

Barcode#: 6602 10-class package \$60 – Resident
\$65 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Walk-In. Online registration is not available for this program.

For more info call: The Recreation Center at 273-6960

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|--------------------|----------------|------------|---------------------|
| 18 & up | Ongoing | Tue | 5:45-6:45 pm |
| 18 & up | Ongoing | Sat | 10-11 am |

Ballroom Dance Class

Take your dance partner in your arms and dance to the music that makes your feet want to move. You will learn a smooth dance like Fox Trot or Waltz, one Latin dance like Cha Cha or Rumba and that exciting Swing dance. A registered partner is required but no dance experience necessary. If you know those dances we will add material and styling to your dancing. Smooth soled shoes are best to wear.

Instructor: Carri Fox

Fee: \$70 – Resident
\$75 – Non-Resident
(10-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6563 18 & up Jun 6-Aug 5 Fri 7-8 pm

Ballroom Dance Practice

Come join us for Ballroom dance practice! Bring your partner and work on the material you learned in ANY dance class. Ask questions on steps you are practicing. We will play a mix of ballroom dance music. Fox Trot, Waltz, Swing, Cha Cha, Rumba and maybe Tango will keep your feet moving through the evening. We will mix the music up for you. It doesn't matter where or who you took classes with just come on down and dance with us! Bring your receipt to the dance.



Instructor: Carri Fox

Fee: \$5 per night

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6624 18 & up Jul 15 Fri 8:30-10 pm

Belly Dance

Earthy, ethereal and elegant, this total-body dance form develops core control, powerful hip work, breath, fluidity and grace in a fun and supportive atmosphere!

Instructor: Tina Elkins

Fee: \$50 – Resident
\$55 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

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|-----------------------|--------------------|-----------------|------------|------------------|
| Barcode#: 6770 | 18 & up | Jun 4-25 | Sat | 9-9:45 am |
| Barcode#: 6771 | 18 & up | Jul 9-30 | Sat | 9-9:45 am |
| Barcode#: 6772 | 18 & up | Aug 6-27 | Sat | 9-9:45 am |



"Tickles" and "Rosey" Johnson

Beginning Dog Obedience

How have you and your dog been getting along lately? If you need help with canine communication and correcting your dog's bad habits, this class is for you! All breeds of dogs, ages six months or older are welcome. (Larger breeds, 4 months.) All Novice obedience exercises will be covered, (heel, automatic sit, sit-stay, down-stay, stand for inspection, and come), including hand signals, long-distance, and boundary training. Behavior problems (destructive chewing, jumping up, barking, etc.) will also be addressed. **The first lesson is held WITHOUT DOGS. Please bring a lawn chair and current vaccination records.** Trophies & certificates are awarded at graduation. Visit www.DogClassInfo.com.

Instructor: Paul Thurner – Dog Services Unlimited

Fee: \$98 – Resident
\$103 – Non-Resident
(7-week session)

Material Fee: \$10 material fee due at first class session includes training manual

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6752 Families Jun 23-Aug 4 Thu 7:30-8:30 pm

Whole Foods Made Easy!



In this class you will learn basic whole foods nutrition for everyone! Instructor will provide hints and tips to make cooking and meal planning manageable. Discover healthy substitutions and get a grocery guide to shopping plus more!

Instructor: Jeanne Larson

Fees: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6804 Adult Jun 22 Wed 6:30-8 pm
Barcode#: 6805 Adult Jul 20 Wed 6:30-8 pm
Barcode#: 6806 Adult Aug 24 Wed 6:30-8 pm

Help, I'm Overwhelmed with Photos!

Are you overwhelmed with all your photos that are everywhere? Are you looking for simple solutions to help you? Come and learn ways to quickly organize your digital and printed photographs and how to store both formats safely. In class, you'll do a traditional scrapbook page and a digital scrapbook page to see the options you have to display your photos. Bring 6 printed photos and 6 digital photos and your laptop if you have one. Visit shareyourphotos.net for more information.

Instructor: Kim Martin

Fee: \$20 – Resident
\$25 – Non-Resident
(1-day workshop)

Material Fee: An additional \$5 material fee due to instructor includes scrapbook page material and photo organization box

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6807 Adult Jun 23 Thu 7-9:30 pm
Barcode#: 6808 Adult Jul 21 Thu 7-9:30 pm
Barcode#: 6809 Adult Aug 25 Thu 7-9:30 pm

Aikido for Self Defense – Adults

Aikido is a modern yet traditional Japanese form of self-defense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a non-aggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Adult classes include open hand techniques and weapons practice.

Instructor: Dale Eisenberg

Fee: \$80 – Resident
\$85 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6567 18 & up Jun 1-27 Mon,Wed 6:30-7:30 pm
& Sat 1-2 pm

Barcode#: 6568 18 & up Jun 29-Jul 27 Mon,Wed 6:30-7:30 pm
& Sat 1-2 pm

Barcode#: 6569 18 & up Aug 1-27 Mon,Wed 6:30-7:30 pm
& Sat 1-2 pm

Summer Registration Dates:

Tuesday, May 10 (Lake Forest Residents)

Tuesday, May 17 (Non-Residents)

Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung Fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung Fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6810 18 & up Jun 6-Jul 27 Mon & Wed 7-8 pm

Barcode#: 6811 18 & up Jun 7-Jul 28 Tue & Thu 6-7 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of Tai Chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai Chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

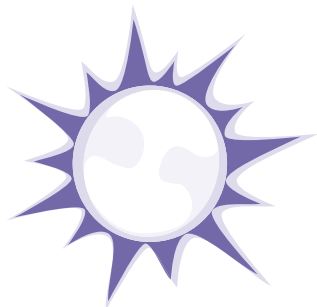
Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 6812 18 & up Jun 6-Jul 27 Mon & Wed 6-7 pm

Barcode#: 6813 18 & up Jun 7-Jul 28 Tue & Thu 7-8 pm



SPECIAL NEEDS

Special Needs Dance for Teens and Adults ~ Summer Fun!

Summer may be coming to a close, but the fun never ends at our special needs dances! Join us at this fun dance, where we will enjoy DJ-hosted music, refreshments, and win prizes! Pre-registration is requested.

Fee: FREE

Location: Lake Forest City Hall
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Marilyn Norment at 461-3447 or email mnorment@lakeforestcagov.

Barcode#: 6633 13 yrs-Adult Aug 26 Fri 7-9 pm

Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson MS, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

Instructor: Natalie Taguchi-Solorio, M.Ed, PPS, BCBA

Fee: \$75 per 3-hour session – Resident
\$80 per 3-hour session – Non-Resident

Location: Autism Behavior Services, Inc.
23701 Birtcher Dr
(949) 581-0100 or toll-free (855) 581-0100

To Register: Call to set up an appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6625 3-11 yrs Jun 10-Aug 19 Fri 9 am-12 pm



Fitness For You!



Fitness for You is a special needs fitness class. Modified exercises encourage health benefits to all levels. Using just our own body weight, we will perform exercises such as jumping jacks and sit ups. This class is a great way to connect with others, while having fun and being healthy together! Exercises can be done at home with the help of a caregiver.

Instructor: Aileen Rose

Fee: \$100 – Resident
\$105 – Non-Resident
(Per each 4-week session)

Location: Lake Forest City Hall
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|-----------------------|--------------------|---------------------|------------|---------------|
| Barcode#: 6630 | 12 & up | Jun 6-27 | Mon | 4-5 pm |
| Barcode#: 6627 | 12 & up | Jul 11-Aug 1 | Mon | 4-5 pm |
| Barcode#: 6628 | 12 & up | Aug 8-29 | Mon | 4-5 pm |

Swim Lessons for Children and Adults with Special Needs



Our adult instructors are experienced in teaching special needs swimmers, and our small, indoor facility is ideal for focused lessons. Moreover, with the use of pool-side TV monitors and video cameras, our ability to give students instant visual feedback during their lesson is invaluable.

Instructor: SwimLabs Staff

Fee: \$48 per lesson – Resident
\$53 per lesson – Non-Resident

(\$30 one-time family registration fee applies in addition to cost of class. Payable at first class meeting.)

Location: SwimLabs
(20918 Bake Pkwy., Suite 100)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6631 **Ages 1 to adult** **Ongoing** **varies**

Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.). Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the City to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes. Please call to set up individual dates and times.

Instructor: Us Too Center Staff

Fee: \$75 per month – Resident
\$80 per month – Non-Resident

Location: Us Too Gymnastics
(25 Spectrum Pointe Dr #405)

To Register: Mail In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6632 **3-19 yrs** **Ongoing** **Mon-Sat** **varies**

Social Play Class

Enjoy a social based class where your child will participate in games, gymnastics, yoga, exercise circuits and a fun dance party at the end.

Instructor: US Too Center Staff

Fee: \$100 per 4-week session – Resident
\$105 per 4-week session – Non-Resident

Location: Us Too Gymnastics
(25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|-----------------------|------------------|----------------------|------------|---------------|
| Barcode#: 6639 | 10-18 yrs | Jun 24-Jul 15 | Fri | 5-6 pm |
| Barcode#: 6640 | 10-18 yrs | Jul 22-Aug 12 | Fri | 5-6 pm |

Exercise Social Skills

An exercise based social skills class for teens on the Autism spectrum. Activities include sharing age appropriate conversation, sharing with the group, playing basketball, volleyball, exposure to other sports and basic exercises.

Fee: \$125 per 4-week session – Resident
\$130 per 4-week session – Non-Resident

Location: Us Too Gymnastics
(25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

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|-----------------------|------------------|---------------------|------------|---------------------|
| Barcode#: 6636 | 12-18 yrs | Jul 12-Aug 2 | Tue | 6:30-7:30 pm |
| Barcode#: 6637 | 12-18 yrs | Aug 9-30 | Tue | 6:30-7:30 pm |





Shooting Stars Basketball

This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the SVUSD Boys' and Girls' Basketball league. Players will be grouped by ability to create competitive teams and provide any needed support. League stresses fun and participation. Registration includes jersey for all new players, practice & game meetings, picture day, team party & trophy. Volunteer Coaches and Teen Volunteers are welcome.

Ages: 1st Grade – Adult

Game Location: RSM Intermediate School Gym
21931 Alma Aldea,
Rancho Santa Margarita

For more information including start dates, please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com

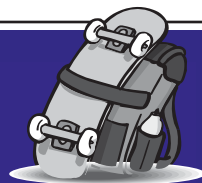


Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Summer programs too!



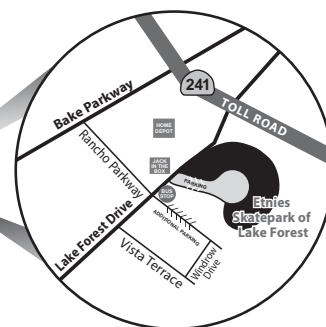
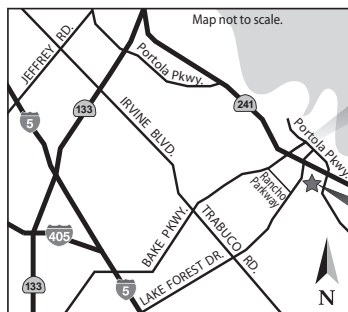
ETNIES SKATEPARK OF LAKE FOREST



Voted "Best Skatepark 2013" – Best of OC Register
"#1 Family Friendly Reader's Choice 2013"



Etnies Skatepark of Lake Forest
20028 Lake Forest Drive
Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay a nominal fee of \$15 for their annual membership. The membership is based on a calendar year, so it is good from January 1 to December 31.

Location: 20028 Lake Forest Dr. **Phone:** 949-916-5870

In the case of inclement weather, please call ahead to see if the Park is open.

Make sure to visit the Skatepark website at EtniesSkatepark.com. The website has been redesigned and is a more user friendly interface. A Live HD Webcam link is available so you can check crowds and weather conditions. Make sure to follow the skatepark on Facebook, Twitter, Instagram, and Youtube for all the latest Skatepark news and events. Use #etnies skatepark on your photos and we might use them on the official Etnies Skatepark Social Media feeds.

SKATE SESSIONS

Monday-Sunday 10 am-10 pm

SUMMER HOLIDAY SCHEDULE

July 4th: the park will be open from 12pm until Dusk.

For all camps and lessons, parents will still need to fill out a waiver and membership form at the Skatepark on the first day of the program if they are not already registered at the Skatepark. Membership is free when you register for a camp or class.

Band Nights at the Skatepark – Decade of Rock

This marks the tenth year of hosting all ages shows at the Skatepark. Past bands have included JFA, The Stitches, Smog town, McRad and a host of other great skate bands. Feel free to skate or watch from inside our viewing area. This is the only all ages venue for local music in South Orange County. Please check out EtniesSkatepark.com for latest show news, photos, and event flyers. Do you have a band that wants to play? Send us an email at etnies skatepark@lakeforestca.gov with a link to your website or music.

Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info and specific bands playing, please call: The Skatepark at 916-5870

| | | | |
|----------|--------|-------------------------|---------|
| All Ages | Jun 17 | Fri (Punk Rock Night) | 6-10 pm |
| All Ages | Jul 15 | Fri (Reggae Night) | 6-10 pm |
| All Ages | Aug 19 | Fri (Heavy Metal Night) | 6-10 pm |

Family Movie Night at the Skatepark Fundraiser

Come down and enjoy a fun family movie shown on the big screen at the Skatepark. There will be several local vendors selling food with proceeds going to the Skatepark. **Movie to be shown will be posted at the Skatepark in July.** Seating is first come, first served on the grass hill. Have fun with your children and those who skate can go skate while the movie is going. It is free to come down and see the movie.

Fee: FREE (nominal fee for food)

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

| | | | |
|----------|--------|-----|------------|
| All Ages | Jul 23 | Sat | 8:30-10 pm |
|----------|--------|-----|------------|

Go Skateboarding Day

Come celebrate national Go Skateboarding Day at the Skatepark. There will be various events going on throughout the day. Free BBQ at noon and giveaways! The event is free- just come on down and be prepared to have fun!

Fee: FREE

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

| | | | |
|----------|--------|-----|-------------|
| All Ages | Jun 21 | Tue | 10 am-10 pm |
|----------|--------|-----|-------------|



Riverbed Cleanup

Besides recycling onsite, the Skatepark prides itself on making as many Green decisions as possible. Donate your time and energy to cleaning up the riverbed and adjacent trails to the Skatepark and receive a free dinner, drink, and a raffle ticket for some great donated prizes. This is an all ages event and a great time for families or individuals wanting to make a difference. If you plan on attending with a large group such as Boy or Girl Scout troop (this event is great to earn community badges), please email etnies skatepark@lakeforestca.gov so we can make sure to accommodate all. Movie Night to follow this event!

Fee: Free food, drink, and raffle ticket with participation in clean up

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info, please call the Park at 916-5870

| | | | |
|----------|--------|-----|--------|
| All Ages | Jul 23 | Sat | 5-8 pm |
|----------|--------|-----|--------|

Fourth of July Skatepark Skate Float – Come ride with us!

Last year's float was a moving Half Pipe. Show your Skatepark pride while helping build and ride the Skatepark float in the Fourth of July parade. Bring your skateboard and ride along in the parade. All participants NEED TO WEAR A HELMET while in the parade. We will meet up at El Toro High School at 8:00am on July Fourth to finalize the float and set up for the parade. All participants will be treated to pizza and drinks when we return to the Skatepark. This is your chance to skate the streets of Lake Forest and show your support for the world class skateboard facility in Lake Forest. If you wish to help build the float, please call the Skatepark for more information.

Fee: Free

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

| | | | |
|----------|-------|-----|------------|
| All Ages | Jul 4 | Mon | 8 am-12 pm |
|----------|-------|-----|------------|

Annual Skatepark Summer Campout

Come celebrate summer with the annual Summer Skate Park Campout. This event is for all ages and will be supervised. Skateboard, camp, and watch movies. Dinner, snacks and breakfast will be served for the campers. You'll need to bring a sleeping bag even though you most likely will skate all night! Midnight madness contest as well as many other fun activities will be held during the evening. **The gates will be locked at 10 pm and campers will not be permitted to leave until 9 am the following morning.**

Fee: \$40 per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Pre-register at the Skatepark or online

For more info call: The Skatepark at 916-5870

Barcode#: 6814 All Ages Aug 12/13 Fri/Sat 10 pm Fri-9 am Sat

Birthday Parties at the Skatepark

Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates! Please note that birthday party participants will need a waiver filled out prior to entering the skatepark. Waivers will be good for the duration of the party. If the participant wants to use the skatepark outside of party hours, the \$15 membership fee will need to be paid for non-residents. Loaner Helmets and Pads are available on a first come, first served basis, but additional skateboards are not available. Register online at etniesskatepark.com/165/Birthday-Parties.



Party Package Details

- All packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11 am-8 pm or on weekends from 10 am-8 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers. This area includes three picnic tables which can accommodate 24 individuals comfortably.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

McTwist – \$375 Our premier package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Kickflip – \$275 Our best value package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Grind – \$175 Our most economical package includes, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. This package is designed for parents who want to bring their own food, cake, décor, etc. Alcohol is not permitted.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email etniesskatepark@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.

Summer Preschool Skate School (Great for Young Beginners!)

This month long program is geared specifically to younger riders as an introduction to skateboarding and the Skatepark. Lessons concentrate on beginner skills, general skateboard safety, and safety in the Skatepark. Each day includes snacks and Gatorade. We will also be doing skateboard related crafts and each participant will receive a Skatepark t shirt.

Instructor: Skatepark Staff

Fee: \$120 per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

| | | | | |
|-----------------------|----------------|-----------------|-----------------|--------------------|
| Barcode#: 6815 | 5-6 yrs | Jun 7-30 | Tue, Thu | 10 am-12 pm |
| Barcode#: 6816 | 5-6 yrs | Jul 5-28 | Tue, Thu | 10 am-12 pm |
| Barcode#: 6817 | 5-6 yrs | Aug 2-25 | Tue, Thu | 10 am-12 pm |

Etnies Summer Skate Camp

Choose this summer to spend a week at one of the best skate camps around! Our staff barbeques lunch for all campers on a daily basis. Specific clinics covered include the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. All camp activities will be held by experienced Skatepark staff who have a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. All campers receive a Createaskate.org skateboard deck that they will be able to design and ride during the week. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a lunch/drink each day. All proceeds go directly to keeping the park free.

Instructor: Skatepark Staff

Fee: \$195 per person. Limited to 10 per session.

July 5-8 Camp is \$155 for the week due to Holiday.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

| | | | | |
|------------------------|-----------------|----------------------|----------------|-------------------|
| Barcode #: 6822 | 5-17 yrs | Jun 13-17 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6823 | 5-17 yrs | Jun 20-24 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6824 | 5-17 yrs | Jun 27- Jul 1 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6825 | 5-17 yrs | Jul 5-8* | Tue-Fri | 10 am-2 pm |
| Barcode #: 6826 | 5-17 yrs | Jul 11-15 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6827 | 5-17 yrs | Jul 18-22 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6828 | 5-17 yrs | Jul 25-29 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6821 | 5-17 yrs | Aug 1-5 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6818 | 5-17 yrs | Aug 8-12 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6819 | 5-17 yrs | Aug 15-19 | Mon-Fri | 10 am-2 pm |
| Barcode #: 6820 | 5-17 yrs | Aug 22-26 | Mon-Fri | 10 am-2 pm |

*No camp on July 4th



Digital Photography Camp

Photography and Skateboarding go hand in hand. This camp will cover basics of shooting photos, using Photoshop, setting up Flashes, and creating a final project for each camper. Some areas covered will be action, landscape and lifestyle photography. Students will be able to use cameras at the skatepark but are advised to bring their own camera, even a GoPro, to unlock the potential of what they have. Guest speakers will include Cody Lisch, who has had his photos in a variety of skateboard magazines and Nick Gates, who is a long time skateboard photographer. Camp includes lunch daily.

Instructor: Skatepark Staff

Fee: \$195 per person. Limited to 5 per session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode#: 6844 **All Ages** **Jul 25-29** **Mon-Fri** **10 am-2 pm**

Video Production Skate Camp

Do you have a passion for filming skateboarding? Then this camp is for you. We will film for the first two days at the Skatepark, edit for two days, and create a project for each camper by week's end. Participants will become familiar with using the latest version of Adobe Premiere and will have access to the Skatepark's Canon HD camera. Campers are also welcome to bring their own cameras. The basics of filming will be covered as well as editing. This camp is an introduction to the world of filming and editing. Camp includes lunch daily.

Instructor: Skatepark Staff

Fee: \$195 per person Limited to 5 per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode#: 6845 **All Ages** **Aug 8-12** **Mon-Fri** **10 am-2 pm**

Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.

Labor Day Skate Camp



Choose this Labor Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. The day will include lunch and a t-shirt for the campers. Skateboard instruction, games, and a day of fun. A great way to spend the day off from school.

Instructor: Skatepark Staff

Fee: \$40 per person Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode #: 6846 5-17 yrs Sep 5 Mon 10 am – 2 pm

Beginning Skateboard Lessons

This class is designed for first time skateboarders to those just learning. We cover skateboard basics from stance, pushing, turning, and work our way to higher skills such as dropping in and ollies. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Great for making friends at the Skatepark who are at the same skill level. Full protective gear consisting of a helmet, elbow pads, and knee pads is required as well as a skateboard. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one on one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

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|-----------------------|---------------------|-----------------|------------|----------------|
| Barcode#: 6847 | 6 yrs and up | Jun 7-28 | Tue | 4-5 pm |
| Barcode#: 6848 | 6 yrs and up | Jul 5-26 | Tue | 4-5 pm |
| Barcode#: 6849 | 6 yrs and up | Aug 2-23 | Tue | 4-5 pm |
| Barcode#: 6850 | 6 yrs and up | Jun 4-25 | Sat | 9-10 am |
| Barcode#: 6851 | 6 yrs and up | Jul 2-23 | Sat | 9-10 am |
| Barcode#: 6852 | 6 yrs and up | Aug 6-27 | Sat | 9-10 am |

Please note that skate camp participants will need a waiver filled out prior to entering the skatepark. Waivers will be good for the duration of the camp hours only. If the participant wants to use the skatepark outside of camp hours, the \$15 membership fee will need to be paid for non residents. Loaner Helmets and Pads are available on a first come, first served basis, but additional skateboards are not available.

Intermediate Skateboard Lessons

Is it time to graduate from the beginning skateboard class or you want to work on more advanced skills on your skateboard? If so it is time to move up to the intermediate lessons. This class is designed for riders who know the basics and are ready to go to the next level. Skills covered in this class are the art of Ollies, flip tricks, ledges, pools, vert, overall park usage and even help with contest skating. Full protective gear consisting of a helmet, elbow pads, and knee pads is required, as well as a skateboard. A rider should be comfortable riding around the entire Skatepark prior to signing up for this class.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|-----------------------|---------------------|-----------------|------------|-----------------|
| Barcode#: 6853 | 6 yrs and up | Jun 7-28 | Tue | 5-6 pm |
| Barcode#: 6854 | 6 yrs and up | Jul 5-26 | Tue | 5-6 pm |
| Barcode#: 6855 | 6 yrs and up | Aug 2-23 | Tue | 5-6 pm |
| Barcode#: 6856 | 6 yrs and up | Jun 4-25 | Sat | 10-11 am |
| Barcode#: 6857 | 6 yrs and up | Jul 2-23 | Sat | 10-11 am |
| Barcode#: 6858 | 6 yrs and up | Aug 6-27 | Sat | 10-11 am |



Private Skateboard Lessons

If you are just learning or an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in catering to each individual. If you sign up for the 4 weeks of private lessons, our instructors will set goals for you to reach and help you obtain them! Whatever you may want to learn, we have some of the best teachers as well as the best Skatepark around to meet all of your learning needs. These lessons are great for all ages, including adults! We also offer drop in private lessons at the skatepark. These are available on a first come, first served basis. Give the park a call 949 916 5870 to see if we have instructors available then come on down and sign up. The special of 4 privates for \$120 is only applicable if you sign up for the Thursday time slots.

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes at \$140 per 4-lesson package. Choose the time that works best with your busy schedules.

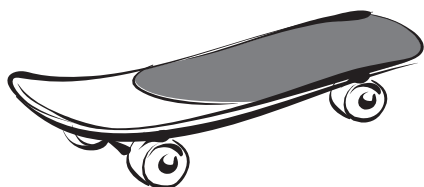
Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

JUNE

| | | | | | | |
|-----------|------|-------|--------------|--------|-----|------|
| Barcode#: | 6859 | Jun-A | 6 yrs and up | Jun 2 | Thu | 3 pm |
| Barcode#: | 6859 | Jun-B | 6 yrs and up | Jun 2 | Thu | 4 pm |
| Barcode#: | 6859 | Jun-C | 6 yrs and up | Jun 2 | Thu | 5 pm |
| Barcode#: | 6859 | Jun-D | 6 yrs and up | Jun 2 | Thu | 6 pm |
| Barcode#: | 6859 | Jun-E | 6 yrs and up | Jun 9 | Thu | 3 pm |
| Barcode#: | 6859 | Jun-F | 6 yrs and up | Jun 9 | Thu | 4 pm |
| Barcode#: | 6859 | Jun-G | 6 yrs and up | Jun 9 | Thu | 5 pm |
| Barcode#: | 6859 | Jun-H | 6 yrs and up | Jun 9 | Thu | 6 pm |
| Barcode#: | 6859 | Jun-I | 6 yrs and up | Jun 16 | Thu | 3 pm |
| Barcode#: | 6859 | Jun-J | 6 yrs and up | Jun 16 | Thu | 4 pm |
| Barcode#: | 6859 | Jun-K | 6 yrs and up | Jun 16 | Thu | 5 pm |
| Barcode#: | 6859 | Jun-L | 6 yrs and up | Jun 16 | Thu | 6 pm |
| Barcode#: | 6859 | Jun-M | 6 yrs and up | Jun 23 | Thu | 3 pm |
| Barcode#: | 6859 | Jun-N | 6 yrs and up | Jun 23 | Thu | 4 pm |
| Barcode#: | 6859 | Jun-O | 6 yrs and up | Jun 23 | Thu | 5 pm |
| Barcode#: | 6859 | Jun-P | 6 yrs and up | Jun 23 | Thu | 6 pm |
| Barcode#: | 6859 | Jun-Q | 6 yrs and up | Jun 30 | Thu | 3 pm |
| Barcode#: | 6859 | Jun-R | 6 yrs and up | Jun 30 | Thu | 4 pm |
| Barcode#: | 6859 | Jun-S | 6 yrs and up | Jun 30 | Thu | 5 pm |
| Barcode#: | 6859 | Jun-T | 6 yrs and up | Jun 30 | Thu | 6 pm |



JULY

| | | | | | | |
|-----------|------|-------|--------------|--------|-----|------|
| Barcode#: | 6859 | Jul-A | 6 yrs and up | Jul 7 | Thu | 3 pm |
| Barcode#: | 6859 | Jul-B | 6 yrs and up | Jul 7 | Thu | 4 pm |
| Barcode#: | 6859 | Jul-C | 6 yrs and up | Jul 7 | Thu | 5 pm |
| Barcode#: | 6859 | Jul-D | 6 yrs and up | Jul 7 | Thu | 6 pm |
| Barcode#: | 6859 | Jul-E | 6 yrs and up | Jul 14 | Thu | 3 pm |
| Barcode#: | 6859 | Jul-F | 6 yrs and up | Jul 14 | Thu | 4 pm |
| Barcode#: | 6859 | Jul-G | 6 yrs and up | Jul 14 | Thu | 5 pm |
| Barcode#: | 6859 | Jul-H | 6 yrs and up | Jul 14 | Thu | 6 pm |
| Barcode#: | 6859 | Jul-I | 6 yrs and up | Jul 21 | Thu | 3 pm |
| Barcode#: | 6859 | Jul-J | 6 yrs and up | Jul 21 | Thu | 4 pm |
| Barcode#: | 6859 | Jul-K | 6 yrs and up | Jul 21 | Thu | 5 pm |
| Barcode#: | 6859 | Jul-L | 6 yrs and up | Jul 21 | Thu | 6 pm |
| Barcode#: | 6859 | Jul-M | 6 yrs and up | Jul 28 | Thu | 3 pm |
| Barcode#: | 6859 | Jul-N | 6 yrs and up | Jul 28 | Thu | 4 pm |
| Barcode#: | 6859 | Jul-O | 6 yrs and up | Jul 28 | Thu | 5 pm |
| Barcode#: | 6859 | Jul-P | 6 yrs and up | Jul 28 | Thu | 6 pm |

AUGUST

| | | | | | | |
|-----------|------|-------|--------------|--------|-----|------|
| Barcode#: | 6859 | Aug-A | 6 yrs and up | Aug 4 | Thu | 3 pm |
| Barcode#: | 6859 | Aug-B | 6 yrs and up | Aug 4 | Thu | 4 pm |
| Barcode#: | 6859 | Aug-C | 6 yrs and up | Aug 4 | Thu | 5 pm |
| Barcode#: | 6859 | Aug-D | 6 yrs and up | Aug 4 | Thu | 6 pm |
| Barcode#: | 6859 | Aug-E | 6 yrs and up | Aug 11 | Thu | 3 pm |
| Barcode#: | 6859 | Aug-F | 6 yrs and up | Aug 11 | Thu | 4 pm |
| Barcode#: | 6859 | Aug-G | 6 yrs and up | Aug 11 | Thu | 5 pm |
| Barcode#: | 6859 | Aug-H | 6 yrs and up | Aug 11 | Thu | 6 pm |
| Barcode#: | 6859 | Aug-I | 6 yrs and up | Aug 18 | Thu | 3 pm |
| Barcode#: | 6859 | Aug-J | 6 yrs and up | Aug 18 | Thu | 4 pm |
| Barcode#: | 6859 | Aug-K | 6 yrs and up | Aug 18 | Thu | 5 pm |
| Barcode#: | 6859 | Aug-L | 6 yrs and up | Aug 18 | Thu | 6 pm |
| Barcode#: | 6859 | Aug-M | 6 yrs and up | Aug 25 | Thu | 3 pm |
| Barcode#: | 6859 | Aug-N | 6 yrs and up | Aug 25 | Thu | 4 pm |
| Barcode#: | 6859 | Aug-O | 6 yrs and up | Aug 25 | Thu | 5 pm |
| Barcode#: | 6859 | Aug-P | 6 yrs and up | Aug 25 | Thu | 6 pm |



COMMUNITY SERVICES

Vacation Home Checks

The Vacation Home Check program is a FREE service involving a physical check of your residence to ensure that the home remains secure while you are away on vacation. There is a form that the resident has to fill out prior to going on vacation. To access this form, please visit lakeforestca.gov/DocumentCenter/View/1187. For more info, call (949) 461-3548.



Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall
(25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going Mon-Thu 8 am-4 pm

Free Mammograms

Did you know...Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women and is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

The City of Lake Forest is partnering with YWCA North Orange County providing free mammograms, clinical breast exams, and breast self-exam education for low income, uninsured women 40 years and older.

Fee: Free

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For appointments and questions call: The YWCA North Orange County (714) 871-4488, Ext. 207

Adult Women Jun 24 Fri 8 am-1 pm



National Night Out

Tuesday, August 2

**4-8 pm • Lake Forest Sports Park
(28000 Rancho Parkway)**

*Save
the
Date*

National Night Out is a nationwide evening event where communities across the country band together to give crime a "going away party." This event is fun, FREE, and festive, with themes based on safety and crime prevention. Neighborhood Watch Groups and businesses are encouraged to register for a booth at the event. For more info, please call Shannon Daniels at 461-3546 or email sdaniels@ocsd.org.

Looking to Volunteer? Recently Retired? Lake Forest Police Services is currently interviewing.

Sheriff's Team of Active Retired Seniors (S.T.A.R.S.) supports our City by patrolling Schools, Parks, and Shopping Centers, performing Vacation Home Checks and Fire Watch, and assisting with Special Events and Traffic Control. **For more info call: Deputy Ramillano at 461-3545**



SENIOR PROGRAMS

Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

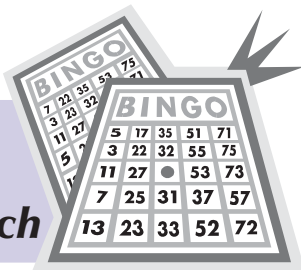
Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!

Seniors On-going Mon-Thu 10:00 am-2:00 pm

THURSDAYS
10:30 am: Bingo
12:00 pm: Hot Lunch



The Senior Clubhouse will be closed Monday, July 4.

Senior Box Lunch Program

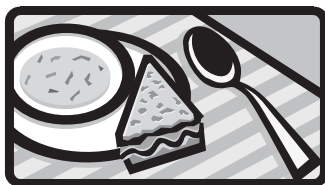
The Senior Box Lunch Program is offered on Mondays, Tuesdays, and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.50 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at (949) 461-3445

Seniors On-going Mon-Wed 11:30 am



Senior Scene Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



Want A Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to mnorment@lakeforestca.gov.

4th of July Parade Float

The City's 25th Annual 4th of July Parade will be here before you know it! In prior years, the Senior Scene Clubhouse has been a participant in the parade and has won numerous awards. Do Lake Forest Seniors Rock or what? This year's parade theme is "Red, White, & Blue and 25 Too!" If you would like to help decorate or ride on the float, please call (949) 461-3408 on Monday, June 6 and leave your name and phone number. (Space is limited to ride on the float.)

Ping Pong

Dust off your paddles and join us for a friendly game of Ping Pong at the Senior Scene Clubhouse every Tuesday from 10 am - 1 pm.



Foot Peddlers Walking Club

During the hot summer months, the Foot Peddlers Walking Club will take a break from July 1 to September 30!

We encourage you to continue your walking... perhaps early morning in order to beat the heat!

HEAT WATCH

During the summer months, (July-September) the Senior Scene Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees). Decision to extend clubhouse hours will be made by 1:00 pm on the particular affected day.



LEGAL AID SOCIETY OF ORANGE & COUNTY COMMUNITY LEGAL SERVICES OF SOUTHEAST LOS ANGELES COUNTY

Providing free and low-cost civil legal services to low-income persons, families, and seniors

Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues: Government Benefits, Health, Housing, Consumer Problems, and Elder Abuse.

To qualify for an appointment you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes—to receive the most out of your appointment, please write down questions for the attorney.

Fee: Free

Location: Lake Forest Community Center
25550 Commercentre Dr.

To make an appointment call (949) 461-3408 (Monday thru Thursday) from 9:00 am to 1:00 pm.

| | | | |
|----------------|---------------|------------|-------------------------|
| Seniors | Jul 21 | Thu | 10:30 am-2:30 pm |
|----------------|---------------|------------|-------------------------|

Meals on Wheels Volunteers

Age Well Senior Services' **Meals on Wheels** program is in need of regular route drivers in Lake Forest. Volunteers are also needed to serve as on-call substitute drivers to fill in when regular drivers are unavailable.

Meals on Wheels volunteers serve on average 40-50 clients in Lake Forest bringing each person **3 meals a day** Monday through Friday allowing many of the City's older residents to remain happily independent in their homes knowing that this service is available, affordable and reliable.

Additionally, the Meals on Wheels program serves as a powerful socialization opportunity for seniors to help combat the loneliness and isolation that many experience, and as a tool to provide wellness checks on a most vulnerable population. Volunteers would deliver meals to homebound seniors between the hours of 11:00 am – 1:00 pm one day per week, Monday through Friday.

**For additional information,
please call Valerie at (949) 855-8033.**

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency.



Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.

Please note: There is no instructor on-site.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450
Seniors On-going Mon-Thu 10 am-2 pm
(On Wednesdays, the lab opens at 11 am)

Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call (949) 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!



Fee: Free!

Location: Lake Forest Community Center,
Activities Room
(25550 Commercentre Dr)

Young At Heart ~ Lake Forest Seniors Reading Circle



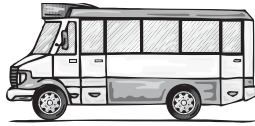
The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center
El Toro Room
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450

| | | | |
|---------------|------------|----------------|--|
| Jun 16 | Thu | 9:30 am | <i>Huckleberry Finn</i> by Mark Twain |
| Jul 21 | Thu | 9:30 am | <i>The Year We Left Home</i> by Jean Thompson |
| Aug 18 | Thu | 9:30 am | <i>(The book was not chosen at the time of publication. Please call 461-3408 in July for book selection.)</i> |

SENIOR TRANSPORTATION, TWO WAYS TO GO!



1. Senior Scene Clubhouse Participants

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at (949) 855-9766. It is "mandatory" that all reservations and cancellations be made **at least 24 hours** in advance. Cost is fifty cents per trip. For more information please call 461-3450.



2. Taxi Transportation

Do you need a ride to a doctor's appointment, grocery shopping, pick-up prescriptions, go to a movie, or visit a friend? We offer a transportation program 7-days a week/24 hours a day...including holidays.

How it works!

You must –

- Be a Lake Forest resident & 60 years of age or older
- Provide proof of residency and age upon purchase of vouchers (driver's license, utility bill, passport or birth certificate)
- Pre-Purchase Vouchers

Where to purchase taxi vouchers –

- City Hall – 25550 Commercentre Dr., Lake Forest (2nd Floor)
- Monday – Friday (closed alternating Fridays)
- 8:00 AM – 5:00 PM
- *Cash or checks only – no credit cards*

Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10:00 AM – 2:00 PM)

- \$1.00 one way

Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

- \$2.50 one way

Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$5.00 one way – Saddleback Memorial Hospital
- \$7.00 one way – South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital

Please note: Taxi vouchers are non-refundable, non-transferrable and valid one year from date of purchase.

For additional information call (949) 461-3450.

HICAP

Health Insurance Counseling and Advocacy Program

What is Medicare? When can I enroll? Am I eligible? How do I sign up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

- Your rights as a health care consumer
- Medicare benefits, including how to appeal Medicare and HMO denials
- Medicare and health insurance jargon
- Private Medicare supplemental health insurance policy benefits and exclusions
- HMOs and how they work including emergency assistance with denials
- Long-term care insurance

To make an appointment, please call (949) 461-3408 and leave your name and phone number.

Appointments are available from 10 am-2 pm on the **second Tuesday** of the month.



Color Me Calm

This is the new rage...try this "art therapy" for adults. Color Me Calm is the newest way for adults to relax and unwind while coloring illustrations of repeated patterns. These patterns are known for its soothing properties to allow you to free yourself of the daily worries. During the class "Zen-like" music will be playing in the background as you relax and color on templates provided. No additional fees for supplies.

Fee: \$5 per person (6-week class)

Location: Lake Forest Senior Scene Clubhouse
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6796 Seniors Jun 20-Aug 1 Mon 12:30-1:30 pm

Barcode#: 6797 Seniors Aug 15-Sep 26 Mon 12:30-1:30 pm

(No class on July 4 and Sept 5)

Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents - \$66;
Non-residents - \$84

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at (949) 632-0300

TEE TIMES

Session 82 Seniors Apr 14-May 19 Tue or Thu only 7:45-8:15 am

Session 83 Seniors Jun 2-Jul 7 Tue or Thu only 7:45-8:15 am

Session 84 Seniors Jul 21-Aug 25 Tue or Thu only 7:45-8:15 am

Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$9 per resident senior (plus \$3 shoe rental)
\$11 per non-resident senior (plus \$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at (949) 770-0055

Seniors On-Going Fri 1-3:30 pm

AARP Driver Safety Course (2-day course)

Would you like to be more confident behind the wheel? Then we have a class for you! You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course. Must complete two-day course to receive certificate. **At time of registration, must provide AARP card.**

Fee: \$15 (AARP members; \$20 non-members)
(check made payable to AARP)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No On-line Registration is available for this program.

For more info call: The City of Lake Forest at (949) 461-3450

Barcode#: 6791 Seniors Jun 10 Fri 8:30 am-12:30 pm
Jun 11 Sat 8:30 am-12:30 pm

Rock-a-hula Luau Dinner & Entertainment

"Rock-a-hula your lulu in Honolulu"...actually you'll be in Lake Forest but you'll think you're on the Big Island! We want all kane's & wahine's (that would be you) to dress in your favorite muumuu, grass skirt, or Hawaiian shirt. Sign up for an evening of tropical tunes, a scrumptious catered dinner, and entertainment by your favorite DJ...Michael McNeil. Now would be a good time to start working on your hula dancing skills! Space is limited, so make your reservations early!

Fee: \$10 per person

Location: Lake Forest Senior Scene Clubhouse
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6352 Seniors Jun 3 Fri 4-7 pm



Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP. 888-687-2277
ACCESS (Reservations/Information) 877-628-2232
ACCESS (Eligibility) 714-560-5956
Age Well Senior Services, Inc. 855-8033
(formerly South County Senior Services)
City of Lake Forest City Hall 461-3400
Council on Aging 714-479-0107
Disabled Housing Information. . . 800-510-2020
Elder/Disabled Adult Abuse 800-451-5155
HiCap Services 800-434-0222
Human Services Information 2-1-1
Irvine Valley College/Emeritus 451-5555
Meals on Wheels. 380-0155 ext.12
Medicare Fraud Hotline. 800-447-8477
OCTA (Transportation). 800-636-7433
Office on Aging. 800-510-2020
Orange Caregiver Resource Center 800-543-8312

EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***

The excursions listed below are large City excursions (may accommodate up to 45 participants). Registration begins for these excursions for Lake Forest Residents on Tuesday, May 10 and Non-Residents on Tuesday, May 17. Registration for large City excursions is ongoing. Registration for senior mini-excursions (may accommodate up to 13 participants) is the first Wednesday of each month at noon, taking place in the Senior Scene Clubhouse. For mini-excursion trips, check out the Senior Scene Newsletter at www.lakeforestca.gov/seniors.

The La Brea Tar Pits and Farmers' Market - Los Angeles

Explore the La Brea Tar Pits! Your guided docent-led tour will take you to the Fossil Lab, Lake Pit, Observation Pit, and find out all about Project 23! Also included is a 3D movie "Titans of the Ice Age." After your tour you will board the bus to the Farmers' Market for lunch and shopping on your own.

Fee: \$49 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6793 Adults/Seniors Jul 20 Wed 8:45 am-6:45 pm

Port of LA Harbor Cruise and Shoreline Village-Long Beach

This 45-minute tour will take you through the Port of LA, where the captain narrates as you pass the USS IOWA Battleship, SS Lane Victory Battleship, Vincent Thomas Bridge, Federal Prison, Terminal Island, Angels Lighthouse and the Breakwall! Your next stop is Shoreline Village where you will visit unique one-of-a-kind shops and have lunch on your own.

Fee \$40 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 6794 Adults/Seniors Aug 17 Wed 7:45 am-4 pm

SENIOR EMERITUS CLASSES through Saddleback College

Emeritus classes are offered for active seniors. The City of Lake Forest partners with Saddleback College's Emeritus Program to offer courses especially designed to meet the education and recreational interests of seniors.

Pre-registration is recommended for all classes.

All Senior Emeritus Classes through Saddleback College are FREE of charge.

Emeritus Main Office: 949-582-4835

Saddleback College Emeritus Institute Online

To view entire Registration Instructions, please visit saddleback.edu/uploads/emergitus/dponlineregistrations.pdf

- Log in to Mysite
 - Go to Saddleback.edu
 - Login and Password Box
- Go to Registration
 - Click My Classes and Register
- Update your information
 - Answer all questions with a red*
 - Important Social Security Number Information
- Register for Classes
 - Enter Class Ticket Number, then click: Add Class
- Finish
 - Registration Confirmation Screen: Lists all classes for which you registered.



Wearable Art

Design and construct a garment incorporating techniques such as applique, surface design, bobbin work, fabric manipulation, dimensional texture and collage. Designed for the older learner.

Instructor: Marla South

Location: CH-Activities Room

Tic#: 15495 – FASH124x Seniors Jun 6-Jul 25 Mon 9:00 am-12:20 pm
(No class on July 4)

Beginning Practical Spanish

Basic fundamentals of Spanish for the older adult. Includes reading, comprehension, speaking, and writing. Emphasis will be placed on development of conversational skills.

Instructor: Marcela Duran DeMehranfard

Location: CH Activity Rm

Tic#: 14910 – SPAN 230x Seniors May 31-Jul 19 Tue 2-3:50 pm

Advanced Practical Spanish

Designed to develop fluency in Spanish. The emphasis is on expression and conversation in Spanish.

Instructor: Marcela Duran DeMehranfard

Location: CH Activity Rm

Tic#: 14925 – SPAN 232x Seniors Jun 2-Jul 21 Thu 9-10:50 am

Current Issues in Government

Exploration of current issues and loads, environment, terrorism, and conflicts. Focuses on the impact of these events on the lives of older adults.

Instructor: Charles Wilbourn

Location: CH Lounge

Tic#: 16210-PS214x Seniors Jun 2-Jul 21 Thu 10:30 am-12:20 pm

Stocks and Bonds Management

Discusses the dynamics of global economics, stock and bond markets, and mutual funds with an emphasis on helping investors develop an informed and strategic investment philosophy.

Instructor: Meyerson, R

Location: CH Activity Rm

Tic#: 15220 – ACCT 232x Seniors Jun 1-Jul 20 Wed 3:30-5:20 pm



SENIOR EMERITUS CLASSES

through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes the following options are available.

On-Line Registration log onto www.123getsmart.com

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select "Class Category" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the "Class Course Number" for the section you want
- Click the "Add" button
 - RETURNING STUDENTS ONLY: Enter your "Account number and Pin Number"
 - NEW STUDENTS ONLY: Proceed to click on "Create New Account." (your previous IVC Student Number and Pin Number do not work on this system)
 - Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button "Add new family member" after you have completed the information for the primary contact.
 - The class will now be added. You can select under the "Client" column whom you would like registered in the course.
 - Choose the button to continue "Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

Phone Registration

Call 949-451-5555 Monday through Friday 9 am-5 pm

Mail form and payments to:

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270

Fitness

It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual. Students will need to bring a mat or towel and small hand weights.

Fee: \$29

Location: Lake Forest Recreation Center
(28000 Rancho Pkwy)

Tic#: 9266 Seniors Thu May 12-Jun 16 10-11:30 am

Dyna Bands Workout & Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low- impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 9253 Seniors Tue May 31-Aug 16 12:30-2 pm

Pilates

A non-impact exercise that strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$30

Location: Lake Forest II Sun & Sail Club
(24752 Toledo Way)

Tic#: 9267 Seniors Tue May 10-Jun 14 10-11:30 am

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20

Location: Lake Forest I Beach & Tennis Club
(22921 Ridge Route)

Tic#: 9198 Seniors Tue May 31-Jul 19 2-3:30 pm
Tic#: 9199 Seniors Thu Jun 2-Jul 21 2-3:30 pm

Physical Fitness: Yoga

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course allows students to build skills and increase their fitness level.

Fee: \$38

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 9283 Seniors Wed May 25-Aug 10 1-2:30 pm

Tai Chi Ch'uan

Tai Chi Ch'uan, an ancient Chinese exercise that provides both mental physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupuncture and the philosophy of tai chi ch'uan.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 9231 Seniors Wed Jun 1-Aug 17 9-10:30 am

Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 9232 Seniors Wed Jun 1-Aug 17 10:30 am-12 pm

Registration for all Senior Emeritus classes is done through Saddleback College and Irvine Valley College directly. City of Lake Forest registration methods DO NOT apply to Emeritus class registration.

HOW TO REGISTER

Summer 2016 Registration Dates

Lake Forest Residents: Tuesday, May 10

Non-Residents: Tuesday, May 17

The image shows a 'Program Registration Form' from the City of Lake Forest Community Services Division. It includes fields for personal information (Last Name, First Name, Email, City, State, Zip, Work Phone, Home Phone, Emergency Phone), a section for emergency contact, and a section for program selection with checkboxes for various activities. There is also a section for payment (Check or Cash) and a signature line.

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, May 10**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Classes or on the left hand side of the home page.



2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), or the Lake Forest Recreation Center (28000 Rancho Parkway), Lake Forest, CA 92630.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

Questions on Registration? Call 461-3450





City of Lake Forest • Community Services Division Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____ First Name _____ ☐ Male
Birthday _____ (mm/dd/yy) _____ Email _____ ☐ Female
Street Address _____ City, State, Zip _____
Preferred Contact Phone Number () _____
Emergency Contact _____ Emergency Phone () _____

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

| Last Name | First Name | Birthday | Sex |
|-----------|------------|------------|---|
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F |
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F |
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F |

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

| Barcode # | Participant Name | Birthday | Sex | Activity Name | Fees |
|--|------------------|------------|---|---------------------|------|
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F | | |
| | | | | | |
| | | | | | |
| Please send a separate check for each activity | | | | Total Activity Fees | |



If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: _____

☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

_____ Date _____

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

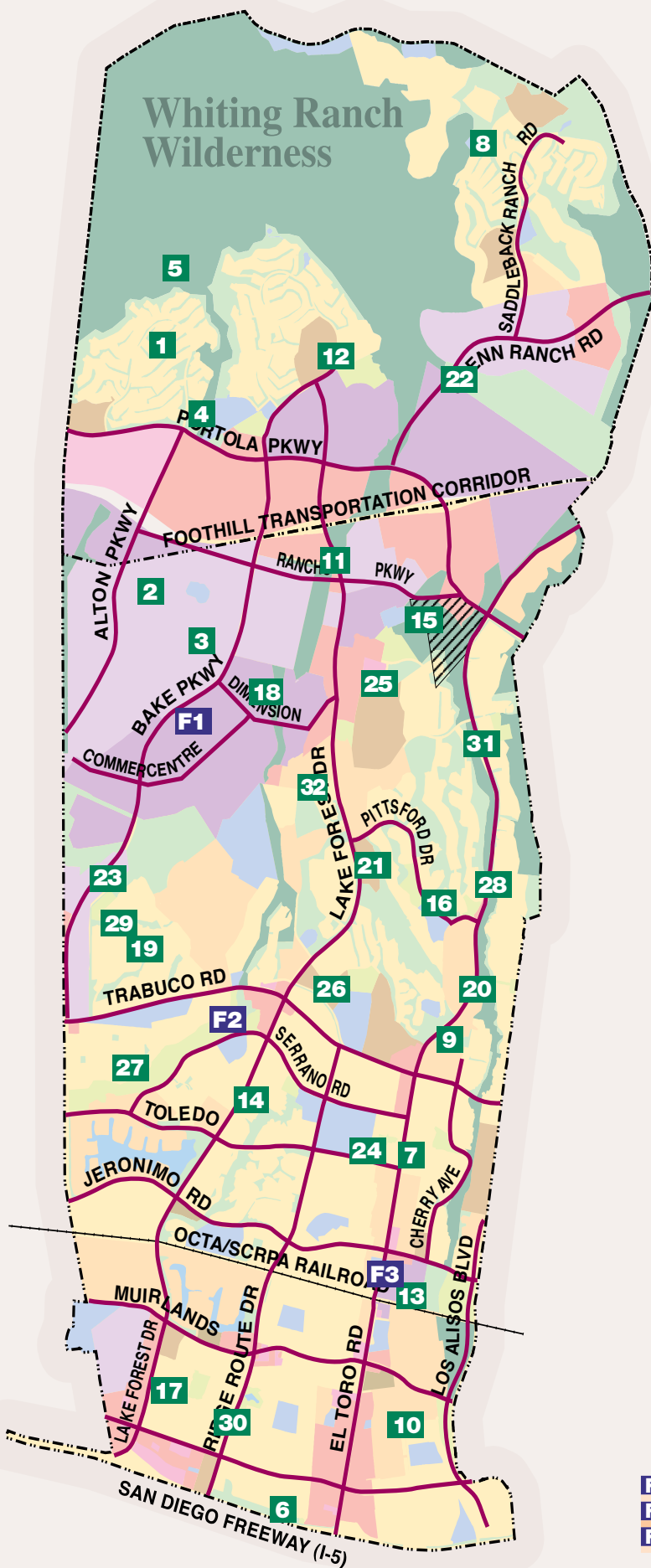
Questions on
Registration?
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

| | | | | | |
|-----------------|----------------|-------------------------|------------------------------|------------------------|------------|
| Office Use Only | Receipt# _____ | Paid by Check# _____ | Paid by Cash Amount _____ | Initial/ Date _____ | Conf _____ |
|-----------------|----------------|-------------------------|------------------------------|------------------------|------------|

NOT FOR EMERITUS PROGRAM REGISTRATION

Whiting Ranch
Wilderness

CITY PARKS

| | | Acres | Barbecues | Baseball | Basketball | Multi-Use Fields | Outdoor Exercise Equipment | Picnic | Playground | Restrooms | Soccer | Tennis Court | Walking Path |
|-----------|---|-------|-----------|-----------------|-----------------|------------------|----------------------------|--------------------------|------------|-----------|--------|----------------|--------------|
| 1 | Alton Park 18992 Alton Parkway | 2.3 | 4 | 1 _{hc} | | | | 9 1 _s | 1 | | | | |
| 2 | Baker Ranch Community Park 26380 Rancho Parkway | 8 | 2 | 1 | 1 | 1 | | 2 | 1 | 1 | 1 | | |
| 3 | Baker Ranch Dog Park 26500 Baffin Bay Drive | 0.5 | | | | | | | | | | | |
| 4 | Borrego Park 26982 Cabriole | 11 | 5 | | 1 _{fc} | | | 11 | 1 | 1 | 1 | | 1 |
| 5 | Borrego Overlook Park 21 Viaggio Lane | 1.6 | 3 | | | | | 5 | 1 | | | | |
| 6 | Cavanaugh Mini Park 23782 Cavanaugh Road | 0.2 | | | 1 _{hc} | | | 1 | 1 | | | | |
| 7 | Cherry Park 22651 Cherry Avenue | 4.5 | 3 | | 1 _{hc} | | | 9 1 _s | 1 | | | | |
| 8 | Concourse Park 18931 Saddleback Ranch Road | 7 | 2 | | 1 _{hc} | | | 1 4 2 _s | 2 | 1 | | | 1 |
| 9 | Darrin Park 22461 Cherry Avenue | 3.1 | 6 | | 1 _{hc} | | | 11 1 _s | 1 | | | | |
| 10 | El Toro Park 23701 Los Alisos Boulevard | 10 | 2 | | | | | 1 7 1 _s | 1 | 1 | | 2 _L | |
| 11 | Etnies Skatepark of Lake Forest 20028 Lake Forest Drive | 5.3 | | | | | | 3 | 1 | | | | |
| 12 | Foothill Ranch Community Park 19422 Rue De Valore | 15.5 | | 2 | 1 _{fc} | | | 9 | 2 | 1 | 1 | 2 | 1 |
| 13 | Heroes Park 25420 Jeronimo Road | 12.4 | 1 | 4 _L | | 1 _L | | 2 | 1 | | | | |
| 14 | Lake Forest Park 24000 Serrano Road | 2.3 | | | | | | | 1 | | | | |
| 15 | Lake Forest Sports Park/ Recreation Center 28000 Rancho Parkway | 86 | 8 | 5 | 2 | 3 | 1 | 8 s | 2 | 2 | 5 | L | 1 |
| 16 | Montbury Park 21962 Montbury Drive | 3.5 | 1 | | | | | 2 | | | | | |
| 17 | Mountain View Park 24061 Dylan Street | 5.3 | 2 | 1 | 1 _{fc} | | 1 | 9 1 _s | 2 | 1 | | 2 _L | |
| 18 | Nature Park 26215 Dimension Drive | 4.5 | | | | | | 7 1 _s | | | | | 1 |
| 19 | Peachwood Park 21132 Peachwood | 2.7 | | | | | | 5 1 _s | 1 | | | | |
| 20 | Pebble Creek Park 26441 Pebble Creek Road | 1.9 | | | | | | 1 | 1 | | | | |
| 21 | Pittsford Park 21701 Pittsford Drive | 10 | 2 | | | | | 8 1 _s | 2 | 1 | | 2 | 1 |
| 22 | Portola Hills Park 28040 Glenn Ranch Road | 5 | | | | | | | | | | | |
| 23 | Rancho Serrano Park 20842 Paseo Sombra | 5.1 | 3 | | | | | 7 | | | 1 | | |
| 24 | Ranchwood Park 22500 Kilby Street | 1.9 | | | 1 _{hc} | | | 1 | | | | | |
| 25 | Regency Park Regency Lane & Osterman Road | 5 | | | | | | | | | 1 | | |
| 26 | Ringate Park 29772 Ringate | 5 | 1 | | 1 _{fc} | | | 7 1 _s | 3 | 1 | | 1 | |
| 27 | Serrano Creek Park 25101 Serrano Road | 44 | 3 | | | | | 13 1 _s | 1 | 1 | | | 1 |
| 28 | Sundowner Park 22041 Sundowners Lane | 0.8 | 1 | | | | | 2 | 1 | | | | |
| 29 | Tamarisk Park 22001 Tamarisk | 11.2 | | 1 | 1 _{fc} | | | 11 | 1 | 1 | | | |
| 30 | Village Pond Park 23102 Ridge Route Drive | 4.7 | | | | | | 3 | | | | | |
| 31 | Vintage Park 21000 Vintage Street | 4.8 | 5 | | 1 _{fc} | | | 11 1 _{hc} | 1 | | | | |
| 32 | Whispering Hills Park (Future Site) | | | | | | | | | | | | |



park shelter available for reservation



gymnasium



roller rinks

• **fc** full court • **L** lights
• **hc** half court • **s** shelter

OTHER FACILITIES

| | | | |
|-----------|--------------------------------------|-------------------------|----------|
| F1 | City Hall /Community Center | 25550 Commercentre #100 | 461-3400 |
| F2 | Heritage Hill Historical Park | 25151 Serrano Road | 923-2230 |
| F3 | Lake Forest Golf | 23308 Cherry Avenue | 859-1455 |

COMING THIS FALL...

Check your Fall Leisure Times
at the end of July for more info!

Haunt at Heritage Hill

Friday, October 14 and
Saturday, October 15 • 6-10:30 pm



Autumn Harvest Festival

Saturday, October 8 • 4-9 pm



Hallow's Eve Bowl Jam

Saturday, October 22 • 5-10 pm

etnies
SKATEPARK OF LAKE FOREST